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THE HOPE OF THE HUMAN RACE.

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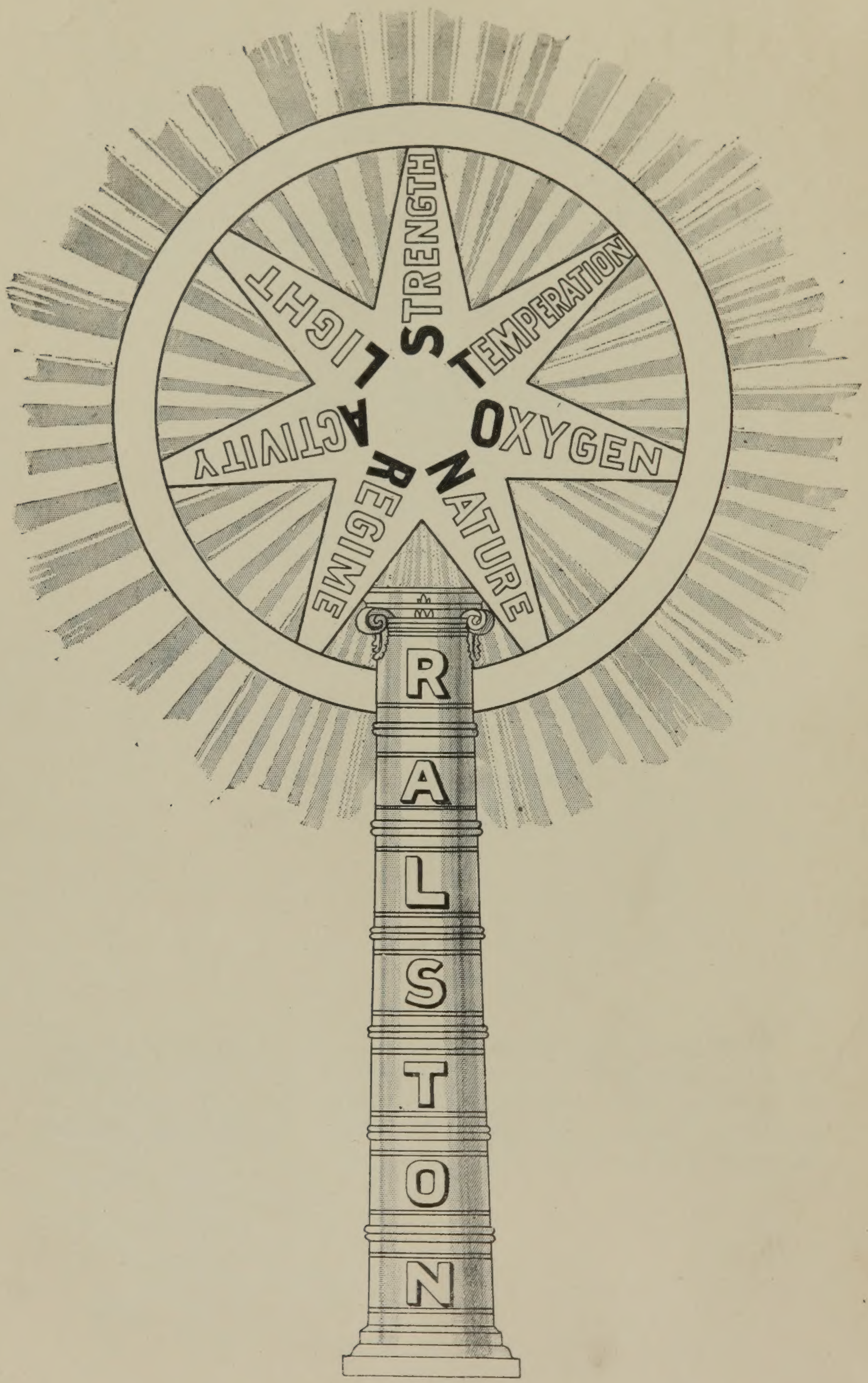
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CHILD LIFE

—BY—

EDMUND SHAFTESBURY, pseud.
Webster Edgerly M.D.

A Solution of Perplexing Problems.

IN FIVE GRAND DIVISIONS

1.—BEFORE BIRTH—Origin and Development.

2.—AT BIRTH—A guarantee of absolute safety to mother and child.

3.—DURING INFANCY—A daily guide.

4.— ENTERING CHILDHOOD—A daily guide.

5.—LEAVING CHILDHOOD—A daily guide.

A BOOK OF

DIET, CARE AND TREATMENT.

Issued by the

RALSTON HEALTH CLUB,

Washington, D. C.

PRICE, TWO DOLLARS.

1897.

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PURPOSES OF THIS VOLUME.

1. To convey facts.

2. To counteract the impressions created by false notions, erroneous traditions, and untrustworthy literature on the subjects herein presented.

3. To protect woman against the abuses of which she is a victim.

4. To save the mother from death and from unnecessary suffering at the delivery of her child.

5. To perfect the condition of the child that the offspring may not be deficient, marred, or sickly.

6. To enable the mother to maintain her health under all circumstances.

7. To supply information to the parents that shall accurately guide them in their parentage.

8. To lay the foundation for the better race of human beings by starting life aright.

9. To solve in the light of the most recent science the many perplexing problems of the origin of the child.

First Grand Division

Child Life

BEFORE BIRTH

ORIGIN

AND

DEVELOPMENT

CHAPTER I.

[THE RELATION OF THE CLUB TO CHILD LIFE.]

DEGREES OF RALSTONISM.

THE Ralston Health Club is the father of this little volume, as is well known. No organization or movement of modern times has created so wide-spread an interest, or accomplished so much practical good for men and women as has this club. It is growing rapidly. It is everywhere attracting attention; and, when its real purpose is known, all classes of worthy people, from the proudest to the humblest, embrace its doctrines and eagerly ask the privilege of aiding in the spread of its influence.

It is because you will soon make a like request that this chapter is written. *Child Life* is valuable to every parent, whether man or woman; but its value is increased a hundredfold by using it in conjunction with the General Membership Book of the Ralston Health Club. In other words, this volume of *Child Life* and that of General Membership are like wife and husband, best always in each other's company; their offspring, perfect health, happiness, a home of content, and a life of prosperity. These are the four children of the wedded volumes. Ill health handicaps many persons; success must be founded upon the clearest faculties, rightly used. Of the many lives of failures, due to a deficient mental capacity or sickness of the body, a large majority would have been turned into the channels of prosperity had the health been vigorous and the judgment accurate by reason of brain strength. That Ralstonism accomplishes what no other power has been able to achieve, is too well proved to be discussed. Hence the value of the companionship of the two books.

A careful perusal of the next chapter will interest you in the Ralston Principles, and in the work of spreading them broadcast over the world. Wherever they go their progress is rapid, and their results are marked by the changes for the better in the

lives they affect. Onward is our motto. New members are everywhere sought. Ralstonism must spread at whatever cost. Ralstonites very willingly engage in the work of securing recruits; from the Governors of great States to the humblest toilers in the shop; from the richest and most powerful women in society to the earnest mother in the cot. The spirit seizes them very soon. They find the object a noble one. Their good judgment is quickly in command. New members, more Ralstonites, must be obtained, and they leave no stone unturned in their splendid efforts to carry on the grandest movement of modern times.

Efforts so freely made should not, and do not, go unrewarded. As each new recruit is secured, the Ralstonite advances one degree in token of the victory. There are one hundred degrees. For every General Membership purchased by any member having a club number, so we can record the fact, one degree is advanced. Thus, if you possessed a General Membership Book, and wished to advance to the fifth degree at once, so as to receive the great volume of Complete Membership free as an emolument, you could do so by purchasing five copies of General Membership and sending fifty cents for record fees, whereupon the emolument would be yours. Any time afterward, at your leisure, you could sell to others the five books you had purchased, adding ten cents to each for your trouble, and the very valuable emolument would then have been clearly and cleanly earned. By this excellent system, now well tested and appreciated, one hundred dollars' worth of the most costly emoluments are obtained without any cost whatever; and thus we reward the efforts of our members to spread Ralstonism. Thousands and tens of thousands are now advancing in degrees by this simple and effective method.

The privilege of taking degrees in the same club is now to be extended to those who wish to use the present volume, *Child Life*, as a basis for advancing in such rank. The only condition is that you own a copy of the Book of General Membership, and have a club number for identification. This being the case, the following special opportunity to make progress is extended to you, as stated in the rules; which are:

1. You must mention your club number, so that we can find your record on our books by referring to it.

2. You must obtain not less than five copies of *Child Life* at a time, and these will entitle you to advance five degrees.

3. The regular retail price of *Child Life* is $2.00. The lowest wholesale price is $1.25. The latter is the rate per copy at which you may procure them. You may charge the retail price, and should do so in selling to other, unless you choose to favor friends.

4. Degrees advanced in this way will be added to degrees already secured by you in the usual way.

5. The emoluments, as soon as reached, will be sent to you; but no emolument will be substituted for another.

6. It is agreed that, in case you do not oblige us by adhering to these simple rules, you will receive full value of your remittance in copies of *Child Life*, at $1.25 each; but will not advance degrees.

7. The following form must be used. This is strictly required. Copy it in ink.

FORM.

To Ralston Health Club, Washington, D. C.:

I enclose herewith money-order (or draft, express order, or cash registered) for $6.25 under the rules. Send me five copies of *Child Life*, and advance me five degrees as a Ralstonite. My club-number is ..... My name and address are ....

Copy the foregoing, and write your address very carefully, so that the books may reach you promptly. We pay all charges of sending.

Prepaid. Believing that the wide-spread circulation of *Child Life* will accomplish a vast amount of good, the results of which will be far-reaching in their influence on the life of the nation, we propose to make an exception to the rule usually adopted by publishers, and to prepay the cost of sending these books, whether sold at the retail price of $2.00, or the wholesale rate of $1.25 in lots of five.

And now an explanation why this chapter opens this volume. All we need say is this: *Child Life* has been written for members of the Ralston Health Club by their special request; and this request has been most urgent, amounting in fact to a demand. Thousands upon thousands of letters have been sent to us urging the preparation of a volume dedicated to the child, and its welfare; and to the care and safety of mothers in delivery. We waited until the pressure was too great to be resisted.

Accompanying these demands were promises to aid in extending the influence of Ralstonism, by commencing where all great human changes should commence, namely, at the cradle;

from which the better race may be molded so carefully in its early years that its supremacy may follow as a natural sequence. It was charged against the Ralston Club that it neglected the very best of all opportunities by remaining silent on the subject of children and infants. From these observations it will be seen :

First, that we were compelled to produce *Child Life.*

Second, that the work is written for Ralstonites.

Third, that members of the Ralston Health Club having made an overwhelming demand for the book, a due recognition should be given of their relations to the volume and its future missionary work.

This chapter means much to them ; as it opens an associate method by which they may advance in degrees in Ralstonism. To an outsider this advantage may be meaningless; but to a Ralstonite it is of the very greatest importance. This, then, is our excuse for dedicating the very first chapter of *Child Life* to the most worthy of men and women, the true Ralstonites.

CHAPTER II.

BROKEN AND UNBROKEN LINES.

EVERY human being was once a child; was once an infant, so helpless that a brief period of neglect meant death; was once a fœtus, maturing and ripening in its imprisoned home; was once an embryo, struggling to take on the shape of man out of a mass of protoplasmic cells; was once a germ too small to be seen; was once nothing. Out of the great sea of absolute emptiness we came; to what ocean we float on the drifting tide of life, no one can tell.

Before we were born other people lived. They had parents, or they could not have lived. Their ancestry was the surest thing in the whirl of a thousand uncertainties; for their parents could not have been on earth, had they not had ancestors; and they, too, had theirs. Where the beginning was no one knows. If there was a limit, it must have been a most remarkable occurrence; and the breaking off of this ancestry, as we trace humanity backward, would be to our modern minds a tremendous event. Think, if you can, of this big globe rolling in space, answering to the call of night and day, warming and freezing as the seasons alternated; yet all deserted; still as the silence of deep solitude; empty of life, while the clouds rained, the rivers ran singing to the seas, the lightnings played merrily from sky to hill-top, the sun shone in blistering heat, and the moon clad herself in garments of silver to lead the glittering host of heaven along the pathway of the night. The little brook whose music is filled with melody to-day, was just as blithesome in the aeons that preceded the foot-steps of primitive man.

You are the link in this long chain that, at some time, had a beginning. The continuance of the succession depends upon you. If you die childless, the chain is broken, is ended. No other being, in the future years, can take it up, or revive the issue. From the earliest era the succession has had no break, not one; for a single omission meant extermination. This chain that will be forever ended unless you continue it, is ten thousand years long, or more; nor can you name a possibility whereby it might have been sus-

pended, and yet survived. Had there been one break only, in its hundred centuries, you would never have been born. Whether the enormous importance of this fact impresses you or not, we cannot tell. It is true, you will say that others will more than make up for the omission on your part; but they cannot continue the lineage you cut off. Nor would it do, in principle, to say that others may take your place; for if all others took your place in non-production, the race would become extinct; and, less than a century hence, the sun would rise on a world suddenly depleted of its humanity. Even as it is, a simple agreement enacted by all persons, to bring no more children into being, would end all.

If you are a decent and intelligent person, and you must be, or these pages would not hold your attention, it is your duty to keep alive a line of ancestry, now already ten thousand years long, and that has not had a single break in it since the first man appeared on earth. If you are grossly ignorant and unfit to produce offspring, your race ought to end with your natural death. The point is this: the best physical, mental and moral types of men and women are slow to reproduce their kind, and they aim to bring into the world the fewest children possible; while, on the other hand, the lower classes, the indecent, ignorant, criminal, weak-minded types of men and women are stocking the land with their hordes of offspring whose numbers are fast outstripping the desirable classes. This portends evil, and has been the gravest problem in all the history of the world. It is true that intelligence and refinement are powerful influences in keeping the family small, for when a wife knows how to prevent maternity she will avail herself of that knowledge, and with money to spend on fashionable practitioners parents will limit their duty, some to one child, others to two or three, when a minimum of four is required under the existing national conditions.

Poverty offers no barrier to the increase of the family. Where ignorance, amounting almost to imbecility holds sway, nature is left to take its course, regardless of the ability, or even the willingness of parents to bring up the children. They come into the world helpless and innocent, with a right to be fed, clothed and educated, but they are half-starved, exposed to disease, and left to develop the criminal tendencies they already own by inheritance. This has always been so, and always will be so until the combined strength of intelligent men and women shall operate

to apply the only remedy that can lessen the evil. It is to this end that these pages are issued.

The author of this volume never writes without a purpose amounting to a mission in life, and the duty that he sees and feels clearly devolving upon him at this time is to press home the fact that the deep-rooted disease of this nation requires the immediate application of the remedy, or history will repeat itself here as elsewhere. A man made well by a vigorous life can digest a certain proportion of bad food every day, but when the proportion increases week by week and month by month until his system is overstocked with poison, he is no longer able to withstand the malady; so with a nation. Allowing that its criminal and imbecile classes are only the equal of the decent and intelligent classes in numbers and influence, the knowledge and moral prestige of the latter will digest, eliminate, or hold in check the dangerous element; but let the vicious-half grow to three-fourths and the task becomes more difficult; let the men and women who would, if they dared, live by fraud, murder, and all the offenses of the criminal code extend their proportion to seven-eighths, as is already the case in some parts of the world, and the nation must succumb to the cancer.

There are three ways by which to stem the progress of this dangerous disease, one is by revolution, another by punishment, another by regulating child life. All peoples from the dawn of history have rebelled, either as a nation or in sections of their national structure. The inevitable must always occur. In every country the extra increase of the families of crime, ignorance and imbecility has caused a loss of control by the intelligence of the people and disaster has followed. The French revolution was simply the bursting of the sore that for generations had been festering to a head. The overwhelming majority of vice was able by numbers alone to level the monarchy to the ground, dethrone the king and queen, cut off their heads, and hold them bleeding before the appalled army, the protector of power. Crime and imbecility wait only until intelligent leaders are found who know how to expand their ignorant prejudices into flames of revolt and murder. In America such leaders abound. Every now and then they imagine that the moment has arrived, but it is not yet ripe.

Proudest among the nations of Old Europe is England; but eight revolutions have swept her out of integral existence, and she is ruled to-day by a combination of French and German de-

scent. Queen Victoria is a German, and her nobility are largely French. When William the Conqueror landed in England, he found very little to conquer, except vice and ignorance; these he used in founding his system of slavery, called, for convenience sake, serfdom by the historians of that country. The French were the masters and the English the slaves. Later on, when the vicious classes had sadly outnumbered their superiors, the latter inaugurated the system now so severely condemned, known as the penal code, that destroyed the lives of the unworthy. This method can never receive the sanction of Christian people, for it is wrong in principle; yet it has saved England a score of times in the last three hundred years. The plan was to execute every person whose crimes indicated an unworthiness to become the propagator of the race. In an age when five millions dwelt in England, of whom four millions were dangerous to the life of the nation, and still more dangerous if they were allowed to propagate twenty millions as against one million of the better classes, the government proceeded to lop off the possible mothers for serious offenses and the possible fathers for all offenses, light or serious. To steal an apple, or to threaten assault, was punishable by death, if the moral condition was low. One million people in power, holding ignorance as its tools, could, in one generation, check the progress of the majority, and could even exterminate them, should it so choose. The slaughter under the law, by sanction of the law and in private, covered so enormous a total of criminals, that it practically saved England. To-day she survives because she knows the greater number of her felons; she watches them; keeps them in prison; and their children she holds in check in such a way that they do not become parents. In spite of these precautions, the offspring of criminals, generally illegitimate, are continually appearing in the large cities, especially in London, a world by itself; but the power of English intelligence, the most forcible on earth, is manifested in two methods of dealing with these classes; first, she permits bawdy houses to exist by the thousand, where children are rarely born; second, she sees to it that infants unfit to grow up and become citizens do not mature. While public records and open reports do not proclaim these facts, they exist nevertheless, and can be verified by any person who cares to take the trouble. Thus, with her prisons, her bawdy houses and her unwritten law of infanticide, England maintains her national safety.

As the methods are wrong in principle, they cannot be endorsed. We said there were three courses of procedure—revolution, punishment and child life. In America punishment will never be employed to decrease the criminals and imbeciles. Two remedies only are possible, revolution and child life. Revolution is cruel. It is simply the accumulation of vice, crime and insanity, grown to such numbers that force gives them temporary power; they then kill many of their enemies, the decent and intelligent people; burn their houses; destroy public buildings; and, having tired of innocent blood, turn upon themselves and murder one another, until their majority is reduced to a minority. This is the story of the French Revolution. It is the story of every nation and people since history was enacted. To this end the American public is moving fast. The advance army of the red-handed host always leads the way, in the guise of agitators and assailants against the laws of peace and morality. This advance army is here. The prosperity of business, labor and farming is laid low by the continual turmoil of politics, due to the hundred thousand political agitators in the country. At any moment, when vice, ignorance and imbecility are aroused from their fears, they are able to lay low every institution and home in this fair land.

Child Life has a mission to perform if it is not too late. It is the third remedy; and the only one that is humane and Christian-like. It does not believe that the offspring should be punished for the criminal disposition inherited from guilty parents; but it does believe that the right of guilty parents to bring criminal offspring in the world should be checked. It believes that two million Caucasians whose intellect is so low that they and their children are dangerous members of society; that one million imbecile Caucasians; that eight million criminal Caucasians; that seven million imbecile negroes; and one million criminal negroes; or a total of nineteen millions of unfit, dangerous and prolific propagators of humanity should be deprived of bringing into the world annually a vast horde of children that must, by their excessive numbers, soon threaten the life of the nation. It believes that such propagation should be stopped at once, if it may be done so without injustice to any person. In the first grand division of the present volume, *Child Life* will perform its mission in this direction.

CHAPTER III.

WOMAN'S MISSION ON EARTH.

[11]

IN normal conditions every woman should bear children.

This is the 11th Ralston Principle.

These principles are the eternal truths of nature, and no person can afford to ignore them. They are scattered through various books, all blended into one system of knowledge, so prepared that they may be easily understood by all who read. Very few indeed of the Ralston Principles are limited to either sex. Out of the total number of one thousand, less than ten, or one per cent, are intended for women only. They apply to humanity, and matters involving the interests and welfare of humanity, alike to both sexes. Every true lover of right methods, of eternal justice in the administration of Nature, should accept the Ralston Principles, which are Nature's laws; or should accept as many of them as may be understood. Time alone is required to make them all appreciated and welcome; for some are new, in vital form, to readers whose investigations have been limited. Hope and ambition are essential to happiness in life, and happiness is essential to health. The best presentation of hope and ambition is found in the thousand Ralston Principles, contained in the necessary books of the course, of which there are an exact number, each devoted to some great work.

The acceptance of many, if not all, of the thousand Ralston Principles, is an act of importance, and it ought to be an act of pleasure, owing to the great help they will be ever afterward to the life of the person accepting them. Some persons may delight to keep a record of them by numbers, and the date of conversion to any one or more of these crystallized truths, may be recorded against the number. Others will go so far as to commit to memory the entire thousand, and know them instantly by their numbers; as No. 1 contains such a law, repeating it; or No. 963 contains

such another law, repeating that. In the not very distant future the Ralston Principles will be so committed to memory ; for they contain a complete equipment of mind and matter for human life on earth, or immortal aspirations toward the hereafter. As will be admitted by all who read them, no University, for man or woman, can impart so broad a field of education, of learning, of culture, of philosophy, of practical knowledge, or of thorough and lasting preparation for the real duties of life, as these thousand Ralston Principles. Let any person, of either sex, be conversant with these unchanging laws, from the beginning to the end of the system ; and it is quite safe to say that such person is equipped for the battle of life, is ready to meet the world and the ablest competitors in it, to discuss any question under any circumstances, and to take rank with the foremost educators of the day. This is a great deal. But the Ralston Principles are a perfected comprehensive University in the form of books ; and are finely appreciated as the least costly means of thorough education to be had.

The books required are fewer in number, are much larger, and far more valuable, while less expensive than any set of books called for in University training, or in any profession. They contain the gems of knowledge brought from a hundred thousand volumes, into eleven. They are never technical, never verbose, never dull. It is for the reason of their great concentration that all persons should seek to master them, and thus understand fully the principles that are crystallized in their pages. Reading around these laws is valuable. Studying and reviewing the principles, until you are finally led to accept them, is still more important ; and keeping a record of them by numbers, in some blank book, devoted exclusively to the purpose, is warmly advised. It is pleasant to report to the Ralston Club, Washington, D. C., such Ralston Principles as you accept and the date of each acceptance. Refer to them by numbers, and we shall then know the volume and class of principles accepted, as there are a fixed number of them in each of the eleven volumes of the system. They are classified according to the great divisions of human interest. Thus, the few presented in this little book, which is but one part or adjunct to a larger volume, are devoted exclusively to the questions involved in the consideration of child life.

These introductory remarks may be concluded with the statement that, in order to reap the largest measure of benefit to

yourself, the way should be paved to the spreading of the Ralston Principles; on the theory that what is general or universal, is of greater advantage to each individual. An example of this is seen in communities where there are but few Ralstonites; it is difficult to obtain the pure foods, wholesome regulations and excellent customs that are found in other places where there are many Ralstonites. In union there is strength. No person is more directly interested in the spread of these doctrines than you. We are making every possible effort to increase the membership of the club, for this very reason; and the many emoluments offered, are intended to spread our membership very rapidly. But we are, of course, dependent upon the influence of Ralstonites, of whom we hope you are one. We are urging them, in all ways, to aid us in this one great purpose—the spread of Ralstonism. For this reason we desire to give you special encouragement, by asking you to take advantage of the DEGREES stated in the opening chapter of this volume. Do not pass it idly by; it means much to you, and much to the club.

We thus come naturally to an examination of these laws that are clothed with so much importance. In normal conditions every woman should bear children. The conditions known as normal, in this respect, are marriage, health and fitness. As has been stated in another volume, all persons should marry, when the conditions are normal; and the reasons are given quite freely. In this book we deal with the child question exclusively, and that includes its antecedents. Marriage in a male should not take place until after the age of twenty-one. The best children are born of mature men and young women. A girl who has entered upon the functions of womanhood, may, two years thereafter, marry with perfect safety, provided the functions have been regularly established. While the ideal marriage is that of a mature man and young girl, it does not, by any means, follow that this unusual combination is easily obtainable; and it, therefore, cannot be the subject of the present treatise.

Mothers do not know, nor are they readily convinced, that extremely youthful wives make the best women in every sense. Society decrees otherwise, and otherwise it must be. The chief fault in such marriages is the youth of the husband. Out of a collection of twenty instances of girls under sixteen wedded to men over thirty, where the facts were authenticated more than ten years after-

ward, it appeared, without a single exception, that the marriages were happy and prosperous. Eighteen of the husbands had accumulated wealth since taking wives. If the best purposes of nature were to be adopted, or could be adopted—we are sorry to say they cannot—a girl should marry at fifteen, have her first child at sixteen, her second at twenty, her third at twenty-five, and her fourth at thirty; and she should bear no more after that age. Four children are the complement of any woman's debt to the world; to exceed that number is to make an unjust draft upon her system.

It is, perhaps, presumptuous to give advice as to marriage and child-bearing to women who have never yet selected a husband and are not likely to do so, for some years at least; but our purpose is to deal with exceptions rather than with the ideal methods of nature. Although uniformity of results cannot be obtained in all cases, it is nearly always true that a young wife becomes a more sensible, more moral, and more attractive woman, than girls who spend their youthful years in any other way, however advantageous it may seem. But as the majority of women are married at an age more advanced, many when past thirty, they stand in greater need of advice and care than if they had entered the wedded state at an earlier period, when the body is more supple and the processes easier and safer. Child-bearing is never dangerous under the age of twenty, unless the wife is sickly or extremely lazy; but, as each year is added, a degree of doubt must be added also; past thirty the wife has much to fear in her first maternity.

Every woman owes to the world a duty that she cannot honorably avoid, if the conditions are favorable. Her realm is her home, her crown is the record of four healthy children brought into existence. Two persons, reproducing two only, would lay the foundation for the extinction of the race; as not all persons would reproduce. If no children were born, the death-knell of humanity would be sounded a few years hence. If the refined and intelligent parents are to omit the duty of rearing families, the ignorant and criminal classes must soon control the entire race. The best women should bring the greater number of children into the world for the sake of the nation's future welfare.

Apart from this view of the matter, it is the one great goal for which woman was created, to reproduce the race. All her

construction tends to this end. From the moment she herself begins life, the organs, cords, veins, bones, muscles, and habits of development, grow toward the consummation of her being, like so many wheels, large and small, in a complicated machine built to mark the time of day. With a multitude of details in her anatomy specifically designed to generate and develop her young, with an unceasing demand from every part of her system for the fulfilment of the one great purpose for which she was created, with the disappointed organs drying up and shrivelling with cancerous tendencies when the hunger of her life is unappeased, she can no more afford to pass this duty by than she can afford to perpetually blindfold her eyes or stifle her hearing. The eye was made to see ; and what shall we say of those who deny it the privilege for which it exists?

A healthy woman may bear a child, at any age from the youngest to the limit of her period of maternity, generally when forty-five years old. As we have said, sixteen is the most favorable age at which to begin child-bearing ; and delay adds difficulty ; but, after the first child is born, delay is of little consequence. Usually, at any year, the subsequent children are more easily brought into the world. Starting with the proposition, as stated in the 11th Ralston Principle, that every woman should bear children, provided the conditions are normal, we must ask ourselves two questions : What are normal conditions, and how may the principle be carried into effect? As long as the world lasts there will be exceptions to every rule ; and the foregoing principle will not be adopted even by all who accept it. For instance, a man may agree to the principle, and may very properly notify us of his acceptance of it ; yet he cannot adopt it ; though, as far as his influence goes, he may aid in its adoption. But there are also women who belong to the better classes, women in normal condition, who prefer to remain single, or who may prefer to remain motherless even though married. Even they may accept the principle, and at the same time choose to be among the exceptions, for reasons satisfactory to themselves. We state these matters, because Ralstonism is not unfriendly to exceptions, but recognizes them as aids whereby rules and principles are made to stand forth more clearly.

The normal conditions are stated as marriage, health and fitness. The first of these, marriage, is the highest type of earthly

life; and, if it is a failure, it is due always to some abnormal condition. Such disasters are preventable to a large extent by a change in the methods of granting the license. Uniform marriage laws throughout the United States will settle this most vexing question; and, until such laws are made, it is useless to attempt a reform of the blight now cast over this relationship. A sentiment, however, in favor of early marriages, will do much to lessen the distaste that arises in forty per cent of cases, after the parties are tied to one another; a distaste for the state and for each other. All other nations except the American, protect the sex of woman during the pliant years, between fourteen and twenty-one. In this country, perfect freedom and liberty is the rule. Girls are allowed as much of these Americanisms as they desire. The result is that a girl of twenty-one, in ninety per cent of all cases, has met scores if not hundreds of men under circumstances more or less gilded, has learned to expect so much of the opposite sex, that, when the domesticity of pure home life is offered her, she cannot see its opportunities for comfort and happiness, but has a kaleidoscope in her mind turning all her thoughts back to men's faces, walks, talks, confessions of love, promises of romance, fascinating situations, sub-rosa flirtations, and years of nervous excitement akin to the feelings of one who might hold a ticket to Paradise without knowing what train to take in order to get there. The man who marries a girl whose years have been sufficient for all these silver-plated experiences, will obtain a wife whose thoughts are for years afterward riveted upon other men than himself; a wife who grows restless under the burdens of wholesome duties; who accepts the holy plainness, the sacred simplicity of home life, as things abhorrent; who becomes disloyal to her husband and her home, in wish, in temper, in act; until the disagreeable features of both natures, cat-like when unsheathed, make future love and confidence impossible.

A girl does not know her mind, it is said, until she is twenty or more. If a girl has been properly brought up, she knows her mind at fifteen. If she is a doll, a puppet, a shallow thing at fifteen, she will be more shallow at twenty, and is undesirable at any age. Allowing for a certain few exceptions that everywhere are found, the following divorce table is uniformly correct throughout the United States. Of all the divorces granted:

One per cent were in cases where the wife was married at the age of fifteen.

One per cent, and a very trifle over, not equal to one-and-a-quarter per cent, were in cases where the wife was married at the age of sixteen.

Six per cent were in cases where the wife was married at the age of seventeen.

Seven per cent were in cases where the wife was married at the age of eighteen.

Four per cent were in cases where the wife was married at the age of nineteen ; an age that, for some unaccountable reason, seems to be unusual in marriage.

Eight per cent were in cases where the wife was married at the age of twenty.

Twelve per cent were in cases where the wife was married at the age of twenty-one ; a time when many girls enter wedded life.

Sixty-one per cent in cases where the wife was married after the age of twenty-one. The percentages do not give exact fractions. Thus, if the per cent was more than six and a-half, we call it seven ; if less, we call it six.

We have based the table upon deliberate marriages, not upon runaways and elopements suggested and enacted under excitement, without love and a sincere desire to establish a home. It is a well known fact that some of the happiest weddings, and purest of married lives, attended by abundant prosperity, have originated in elopements, or runaway matches. It is possible that a certain proportion of these have been inspired by parents who desired to escape the expense of elaborate wedding receptions. The facts are herewith presented in order to encourage early marriages for girls, both for easy maternity and happiness in the home.

The question will be asked, ought not a young lady to acquire accomplishments? Yes. If she loves music, or can be taught to love it ; or, if she has a taste for anything that makes her more attractive, more refined, more graceful, more beautiful, more intelligent, such taste should be encouraged ; if she lacks the inclination for these better influences, the taste should be inspired, created if need be, and cultivated. No girl ought to be permitted to neglect these things. But music and art are best encouraged after marriage, if they have been neglected in early years ; for they should properly begin at six or seven. The parents can give these

advantages to the married daughter as well as to the single daughter; and they should take pleasure in doing so. The young wife with a piano in the new home, is far more happy during the early progress of her music, when her ambition is shaping itself around new conditions, than she would be in the parent's house, banging away at a stint that is measured by minutes not by genius or even affection for the old thing.

For her other accomplishments, whether for mind, for body, for heart, or for disposition, let her seek the Ralston Club and the courses of study therein presented; health in the first five degrees; strength, good form, and perfect physical development in the next five degrees; grace, deportment, etiquette and refinement in the next ten; ethics and character in the next ten; a complete general education in belles-lettres and all useful knowledge, in the next ten; and so on, through every grade of training and education, until the eleven courses are completed. if she desires so many. These studies are for private life; and are never so fascinating as when husband and wife, or lover and sweetheart, are pursuing them together. They will prepare a girl or a woman for her highest aspirations, even in the greatest triumphs of social prominence; and, best of all, they will give her refinement, ease, self-control, ready knowledge, mental ability, influence and the charms of magnetism for any position or department of life. More than this, the complete education and training of the Ralston Club is *safe*. The daughter is not subjected to the temptations of the boarding-school or the fashionable seminary. While there are a few that are helps and not hindrances to the moral and intellectual growth of girls, the majority, and by far the great majority, are hot beds of vice, coarseness, slang, silly fads and weak mental development. The proof of this is in the graduates of such schools; a proof that may be very readily established. There are, we are glad to say, some notable and noble exceptions.

Thus far we have cleared the ground for the work that is to follow. We have stated the age when girls may best be married, and have shown that education and accomplishments may best be acquired in connection with marriage than previous to it; and, as marriage is of necessity one of the three normal conditions of maternity, it was proper that all these suggestions should be carefully presented. The next condition is health, and the third is fitness.

CHAPTER IV.

A BUREAU OF MARRIAGE.

[12]

DISEASE should not be transmitted to offspring. This is the 12th Ralston Principle. For information and suggestions as to these principles, of which there are one thousand, reference should be had to the remarks that follow the 11th Ralston Principle, in Chapter III, of this book.

It is not necessary that disease be transmitted where it is curable, and where it is incurable, no person with the least remnant of sense would wish to inflict it and its life tortures upon an innocent child. When it may be cured, it should be before maternity, whether it is present in the body of the husband or wife.



Figure 1. Scrofula.

In figure 1, the blood disease known as scrofula, is shown in the face of a woman who, being thus afflicted and knowing it, did not hesitate to enter the marriage state and bear children, seven in all. One of these was born with scabs and sores on his body, and died in a few weeks, after great suffering; another was apparently well until six months old, when he began to pine away, lingering for four months more and dying. The others survived, and are alive now, with the exception of one that died a year ago from blood-poisoning. Of the five now living, four are girls; the fifth is a young man, whose foot was amputated at the ankle some months ago, to prevent the spread of blood disease, caused by the throw-

ing of a stone, which bruised his instep, and set in motion the disease he had inherited from his mother. Scrofula, or blood eruption, or any of its many related maladies, is an unfortunate inheritance. It originated in sin, and travels in the blood of many generations, often lying in wait for a disturbing cause to give it development, a friction of the skin, a blow or bruise upon the flesh. We are acquainted with the judge of a petty court, who lost his foot in exactly the same way, for the same reason, being struck upon the ankle by a rock. He never knew he inherited scrofula until this accident revealed the hidden malady.

We mention this disease because it is one of wide-spread existence;. and is probably dormant in a majority of people. We mention it because it is one of those middle-ground maladies, which give rise to so many doubts as to whether the patient or afflicted person should or should not be allowed to marry. Where the disease has already broken through the skin, as in figure 1, whether upon the face or any part of the body, the man or woman so troubled should be prohibited from marrying; and this prohibition should be enforced under United States laws and through a bureau established in every country. The cost is of less consequence and of less amount than the expense now borne by the public to maintain disease and poverty associated with the present condition of things.



Figure 2. Consumption.

To enumerate many maladies would be a waste of time. Some are general, like scrofula and consumption. Others are less prevalent. Some are difficult to cure, others yield under proper treatment; and even scrofula and consumption may be overcome

by natural methods. The autopsy of many persons who have died of other causes, show the remarkable fact that a very large proportion of humanity have had consumption or tuberculosis at some period or other of their lives; in many cases it has healed; in many others been held in check, as though waiting for the vitality to become weak, so that the dormant germs could renew their ravages.

A prominent physician, who has spent many years in the study and treatment of this malady, and who has witnessed a large number of autopsies, declares that ninety per cent of men and ninety-three per cent of women, by approximate estimate, are carrying this disease in greater or less degree in their bodies. At the opportune time it may break forth to make sudden progress to the end; or it may linger for years fighting the vitality, until the latter weakens as it does sooner or later; though many another disease may carry the victims to their graves before this matures. In the list of courses referred to in the preceding chapter, as evidence of the completeness of the Ralston Club in meeting all conditions and requirements of human life, it will be seen that the tenth degree course, including chest cultivation, is a part of this system. That course is an absolutely sure preventive of the spread of consumption or tuberculosis, and can cure, as it has already done, even within three months of the grave.

The question to be considered, however, is what shall be the limit of the prohibition of marriage in the case of consumption? Figure 2 presents the case of a woman not yet forty years old, who has recently married her second husband, and has, within six years, given birth to three children, all of them victims of tuberculosis, showing that it has been in her system for a long time, she, herself, being of very great vitality, yet far gone in consumption. The facts were known to her husband, who is an ignorant fellow, totally incapable of knowing the gravity of his offense, yet able to become the father of many children. One thing is clear, that neither he nor she should have been permitted to enter the marriage state; at least she should not have been allowed to consummate this second contract, being an advanced consumptive, and having three children suffering from the disease by her former spouse, yet green in his grave.

Under the law, as now constituted, any two persons old enough may enter the marriage state and bear children; a foully diseased and disgusting specimen of the lowest dregs of humanity

may unite with another equally unfit to propagate; and may bring into existence a dozen children to suffer, to endure the agonies of disease, to be punished, to linger in jail, hospital or poorhouse, and find release only in the oblivion from which their vile and ignorant parents had no right to extract them in the beginning. Why? Because this is a land of freedom, and everybody is at liberty to do as they please. America will some day stagger beneath the load she is carrying, and if American institutions do not topple to the ground, it will be because the intelligent people arouse themselves in time, which is *now*, and check the cancer that is eating its way into their national life. It is not pretended that every diseased man and woman may be denied the right to marry; but it is certain that when the constitution is permeated by a loathsome or transmittable disease, to an extent sufficient to endanger the health of the offspring, or pass down to them an inheritance of suffering, the law has a right, and should consider it a duty, to step in and interdict the proposed marriage.

A national bureau of marriage will sooner or later be established in this country. Why not now? It is a necessity. It need not be a burden. It may cost money to maintain it, but could be supported by reasonable charges, without expense. Even though it should require money for its maintenance, the vast amount of taxes it would save in public charities would stamp it as the best financial investment of the age. It need not be arbitrary. Where there is any reasonable doubt as to the health of the applicant for a license, it could give the benefit of the doubt to such applicant, and thus be a blessing to those it denied the privilege, as well as to the state and the offspring. This subject should be thoroughly discussed in the meetings of the Ralston Club, being held all over the country, and all over the world, in fact. A Ralston Club is organized under the charter contained in the complete membership book. The plan is very simple. There are no dues to pay. The purpose is to spread these principles and right the wrongs now everywhere prevalent, and everywhere widely spreading. The times portend danger. True men and women will lift up their voices to aid in righting the conditions that are steadily drifting evilward, and that must soon carry the nation to its grave. Your duty is clear. The greatest of all dangers is the willingness to wait until some one else starts the ball rolling. You have no right to wait.

CHAPTER V.

PROBLEMS TO BE SOLVED.

[13]

IMBECILITY should not be transmitted to offspring.

This is the 13th Ralston Principle. For information and suggestions as to these principles reference should be had to Chapter III of this volume.

The word imbecility is used in its Ralston sense, which very nearly coincides with the meanings given in the dictionaries, and in medical as well as legal books. It is a percentage word used to mark the height to which intelligence has gone or is capable of going. Thus, when the leading medical experts of Europe and America declare that the negro is sixty per cent imbecile, yet fully accountable for his crimes, it does not mean that the negro is insane, for it is agreed that an insane African is excusable for his misdeeds. An imbecile is a low order of intellect, thoroughly sane by all the physical tests known, yet blighted in mind to such an extent that he is of but little use to himself and a burden upon the community in which he is reared.

Ignorance is capable of being taught, imbecility is not, except as an animal may be taught, though in different lines of

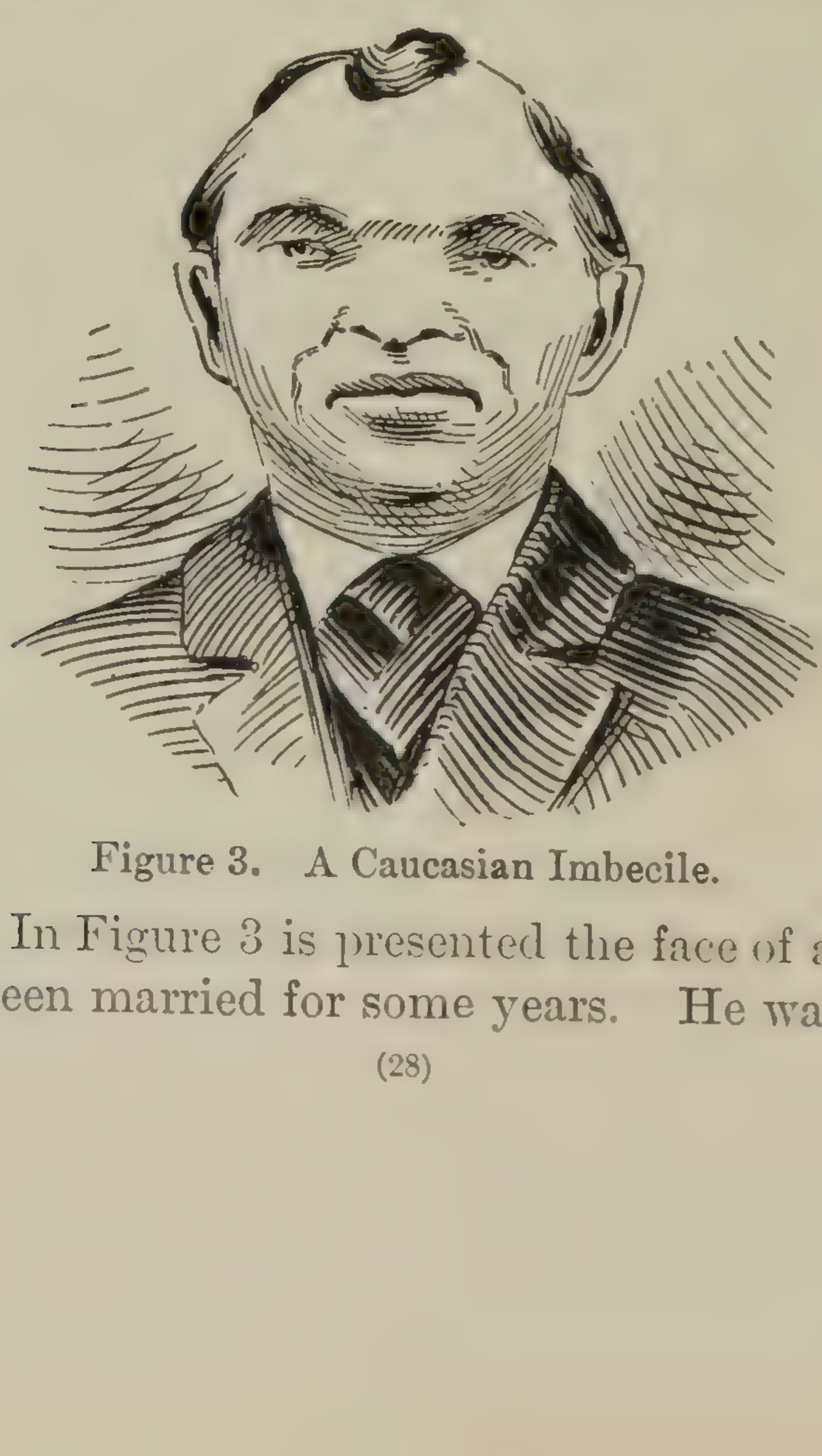


Figure 3. A Caucasian Imbecile.

development. In Figure 3 is presented the face of a perfectly sane man who has been married for some years. He was put to school

when a boy, but could not learn to read except to spell out a few lines of simple words, and he writes his name and six or seven common ideas sufficient to put into a letter for which he receives the credit of being able to read and write. He works sometimes; does not drink liquor; never was arrested; yet has a faculty for taking things that do not belong to him; has walked the streets at night dressed as a woman, frightening ladies and children, sometimes springing from behind trees in the dark, and popping over fences in other instances. His freedom from arrest is due to the idea that he is not accountable, but we do not share this belief, and to test it a citizen threatened to kill him if he scared women again. Since then he has subsided. His sanity is clear enough, but he is an imbecile, a low order of intellect. From the history of similar cases he will lose his sanity eventually, commit murder and die in an asylum.



Figure 4. Child of the Imbecile.

A low order of intellect may accompany ignorance, but it is because of lack of opportunity to develop the mind. Imbecility is a blight, a condition where the mental faculties find a barrier beyond which they cannot go, no matter how great the urging. The ignorant become the parents of the intelligent, but ignorance in such sense is lack of literary culture. Some of the grandest minds of the world have been bred by people who could neither read nor write, yet they had a liberal share of good hard common sense. It is true that for rank and cast there are many graduates of universities who have not a tithe of the common judgment possessed by men and women who never had a moment's education.

The important difference between the status of the ignorant and that of the imbecile should not be lost sight of. The difference is this: Ignorance may breed intelligence under the influences of education and experience; imbecility can never breed intelligence, no matter what advantages of education may be

offered, nor what influences may be thrown around the individual. He will turn when least suspected, and kill the man or woman that protected him. In figure 4 is seen the child of the man referred to in the description under figure 3. The face is one that is inferior to its father. The child will be permitted to grow up. He is now a danger to the lives and safety of children, and will some day be a source of great danger to the people of the various places he may visit. These imbeciles never improve. They often hold their own until the time when age weakens their faculties, and insanity may or may not follow.

The problem in their case is the fact that many of the low intellects that are undoubted imbeciles can read and write, do work, go about their regular duties and bear all the semblance of whole mental faculties. They have no trouble in obtaining marriage licenses in this country; and, as there are all grades of intellect among women, they find wives sooner or later. If they became extinct thereafter, or if children were not born to them, the difficulty would solve itself. Themselves not to blame for being in the world, they are entitled to justice, mercy and patient forbearance. The plan of Ralstonism is to provide a means of prevention, rather than a cure; but a means so effectual that the danger will be brought to an end in the next few years.

The subject has claimed the attention of many thoughtful men and women, but it has never yet been brought to a focus. That a speedy and decisive method should be adopted, all thinking people agree; although they have advanced various suggestions of relief without understanding the difficulties that lie in the way. The Ralston Club has spent years in the examination of the question, and has consulted with the ablest lawyers, physicians, clergymen and legislators, with a view to the enactment of laws that shall be just, humane, merciful and prompted by a Christian spirit, but intended to go right on to a definite goal, the absolute prevention of the prevalent increase of crime, vice and imbecility. The method to be put in operation by the Ralston Club is stated in the next chapter. It has the approval of good men and women everywhere—north, south, east and west—including the leading representatives of religion of every denomination, in every state in the Union. Its earnest adoption by you, without waiting for others, means much to the people; for millions of your mind will rise up with you and without your knowledge, to aid in its enforcement.

CHAPTER VI.

THE NEGRO QUESTION.

A NORTHERN lady traveling in the South, had with her a beautiful daughter of eighteen, and another of nine; both of the gentlest disposition. This woman and her two girls were enthusiastic admirers of the negroes, of whom she had read in books and papers; and her daughters, the children of an ardent abolitionist, regarded the anti-racials as pets, who had been wronged for generations. The world has come to regard slavery as wrong in its principle; and that issue is forever dead. The living problem is what to do with the swarming millions of negroes that have overrun the South, and are slowly moving to the North. The lady and her daughters found them honest, delightful sunbeams of humanity; as simple as kittens playing in a basket. A private letter from a cousin in a Northern State, announcing that a burly negro had cut the throat of a white teacher after outraging her, did not deter the mother from entertaining an honest African and his son, the latter not over fourteen or fifteen years of age. That same day this lady was gagged with kerosene oil rags, then dragged to a swamp and tied to a tree, where she was compelled to witness the outrage of her daughters, by six negroes, two of whom were the honest African and his strapping boy.

There is to-day living in a Northern State, a white woman who is now married; and who has succeeded in keeping from her husband, the story of her full outrage at the hands of a negro in the South. Revolting as the account must be, the mother of this victim was traveling in the South at the time of the commission of the crime; knew all about it, and, as her daughter was engaged to marry a man of wealth in the North, she persuaded her to keep the matter quiet, as it would certainly end the engagement. The facts are known to her relatives in the South as well as in the North, including the brothers of the victim; but no one yet has deemed it wise to inform the husband. The circumstances of the crime were most abhorrent, and the deceit, stealth and low

cunning of the imbecile negro most despicable; or the opportunity for the offense could never have been created.

Low cunning and deep shrewdness are marks of an imbecile mind. They sometimes outwit the keenest man. So do animals at times, such as the fox, the beaver, the bear, the wolf and the rat; being possessed of trickery that would indicate a genius of invention, were it not a fact the brute instinct employs deep laid plans and cunning devices to effect its ends. A man unfamiliar with the ways of a bear or fox, would ascribe to them an order of intellect above the average human species, in so far as it appears to operate. This low cunning is also a characteristic of the negro race. They do not employ the Caucasian methods of deceit, but adopt and invent schemes of their own; sometimes so honest that their explanations are irresistible. They are actors in one line only; that is the assumption of an honest face.

The negro possesses two senses, sex and digestion. For these he would plunge to death. All other parts of his nature are



Figure 5. Negro Imbecile.

either effervescence or dregs. We once asked an ardent admirer of the race, to furnish us with a photograph of the best type of the full blooded negro; and the result is seen in Figure 5. Physiognomy tells you that the forehead indicates an inability to acquire or propagate a degree of intelligence above the grade of the imbecile; that the eyes denote treachery and a willingness to murder the best friend; that the mouth is the highest expression of the most intense animal and brutish sensualism; yet this face was attractive to a woman because it was more intelligent than a dog's.

Traveling all through the States, north and south, the author has found the following classes of opinion on the negro as a human being:

1. Those who know nothing about him are inclined to admire him, because of his race.

2. Those who know him as the murderer of friends, the violator of daughters, the cut-throat thief of the night, hate him and believe that he should be promptly punished for his crimes.

3. Those who know him as the descendant of a benighted and unfortunate race, deprived by nature of the advantages enjoyed by Caucasians, are inclined to investigate his condition, test his means of advancement, offer him equal opportunities with his superiors, and defend him against injustice in every form.

Several hundred thousand of the best people of the North have gone into the South to live or to travel. Before leaving the North they were rabid believers in the suggestion that the negro was maltreated by the Southerners; and this they carried with them as a prejudice against the white people of that section. But when they came in contact with the negro himself, his methods, his beastly and brutal disposition, his drunkenness, his defiance of law, his terrorism, his slovenly laziness, his polygamy, his wife-beating propensities, his robberies, his coarse and horrible profanity, his night prowling and gambling, his refusal to learn, his universal falsifying, his lying in wait for girls and women, his outraging of old women, young women, girls and even small female children, his murders and tortures of his victims, these several hundred thousand men and women from the North have, without exception, changed their prejudices and become sympathizers of the people who are now overrun by the hordes and swarms of black imbeciles by the millions, filling every nook and corner of a land that will never smile again in plenty until this negro question is solved.

Any lover of facts should travel over the ground where the facts are; and we challenge any impartial, unprejudiced, honest historian to find a single man or woman from the North who has been in the South long enough to ascertain the truth, who is not a believer in the statement that the presence of these millions of negroes is a calamity of the gravest kind, and that the fearful rate of their increase over all others is certain to precipitate a bloody era of black anarchy, unless the white intelligent population unite in their efforts to check the progress of the disease when there is yet time; which is NOW. Moreover we assert that the most intense and rabid haters of the African race are Northerners, who, coming into their midst with hearts full of preconceived sympathy,

are more than shocked to find the hero of their romance a debased and filthy criminal. We further assert that the men who instigate the lynching of criminals that have outraged women and girls, are Northerners as often as they are Southerners.

You are sensible and you are human. We put the question to you, with this thousand-times repeated annual fact, and ask you, what would you do? You have mother, wife, sister, daughter, perhaps a little girl, whom you love, and for whom you would lay down your life; this loved one, precious above all others, is found by you insensible or dying, in the grimy embrace of a lascivious fiend whose vile passion has made her his victim. What would you do? You have him in your power; and at his feet the tender child lies dead. He has outraged her chastity. He has killed her. If he goes now, the law may never find him; or the stupid delay of the courts with the chicanery of its modern practice may dally with him for months and years.

Are there exceptions to the general debasement and low order of intellect among the negroes? Yes, there are some. There are exceptions to everything. If the exceptions were numerous enough to be of any moment, we might take hope; but, while the thin-haired theorist fools away his time in vapid possibilities, the black race is raising children so fast that no census-taker can enumerate them. This fact is an important one. Where there are a thousand negroes in one community, the census-taker reports two hundred. He cannot find the full number, and his requests for information are met with evasions. One black couple had fourteen children under one roof; and in the same house another darkey couple had twelve; and another had eleven; thirty-seven young blacks in the same house, all reared by three couples; yet the census report showed eight, or a deficit of twenty-nine. Towns and cities, wishing for large populations in the census returns, are desirous of reducing the number of negroes, as immigration is retarded; and the black population is never fully made public. We state this, because, despite the rapid increase of the negroes, as shown by the census, they are producing still greater numbers than are so shown. They are probably between eight and sixteen millions now; over half being females. If these females produce one child to every eight of their number, each year, which is the lowest average among the negroes of the South, there will be born in the next ten years, allowing for the added increase, ten millions

more negroes; and in the next thirty years, or a generation hence, there will be fully fifty million negroes in this country. There is no race or class that is increasing one-third as fast as they are at this time.

What has this to do with child life? Much, and in many ways. Before you die you yourself may be the victim of this evil of imbecile child-raising. We have heard people say, "The future generation will have a blood-curdling experience, but we shall be gone, and will not have to meet the question." This is cowardly. Have you no love for your children? Are you willing to die with the thought that an evil that you could have eradicated is to imperil the lives of your children? Is that honest? Would you place in the homes of your loved ones serpents that would not mature their deadly poisons until after you had passed out of life's drama, knowing that your children must become victims of your act? Of what value is the lesson of patriotic example taught us by the men of 1776, who laid down their lives for the generations that came after them?

But the evil will mature before you die, or else the remedy may produce results in your lifetime. This much may be depended upon. What is the evil? It is twofold, showing itself; first, in the overwhelming increase of a worthless and dangerous mass of humanity; second, in the propagation of an order of imbecility that unless checked will never be eradicated. Such an outpouring of diseased minds on the country must of itself produce disastrous conditions, to say nothing of the criminal dispositions accompanying them. The remedy is stated in this chapter. It is the only remedy that can reach the malady. There have been various schemes advanced, but they have applied to the disposal of the evergrowing flood instead of cutting off its source.

The remedy is in the law stated in the 13th Ralston Principle, imbecility should not be transmitted to offspring, but it is as well found in the 14th Ralston Principle, which says that crime should not be transmitted to offspring. The 13th Principle involves a humane and Christian method of prevention; the 14th a just means of punishment. The following details are generalities agreed upon by all counsellors, medical men, clergymen and legislators to whom the plan has been submitted during the last ten years, for which time it has been under examination. It is a matured and substantiated plan, with all its possibilities, its criticisms, its

antagonisms thought out and carefully considered in the construction of its details. These details we will first present, and then explain, after which the mode of procedure will be given.

1. The method is emasculation, or depriving the male of the power of propagation.

2. It shall apply as a punishment for crime against offenders, and thus reach those who have become adults.

3. It shall apply as a prevention to the extension of the class, and thus reach only young babes at an age when the operation is natural and always satisfactory.

4. It shall apply equally to all people, whether Caucasians, Mongolians, Negroes, or others, without reference to race, color, or previous condition of servitude, and hence it will not be known as class or race legislation.

5. The crimes for which it shall be used as a means of punishment shall be those fixed by the law-making power of each state in the usual way and with equal justice to all its citizens.

6. The prevention of the transmission to offspring of disease, imbecility and constitutional tendencies to crime, shall be used upon male babes only, unless by consent, as hereinafter stated, and in all cases, shall be done under authority of the law-making power of the state, and by a medical and surgical board, created by law for that purpose.

7. It shall not be used except when, in the opinion of said board, there is the clearest evidence of its necessity in protecting this nation, or its people in any community, from the present fearful increase of the evils mentioned.

8. Any person having the right to consent to said operation upon himself, or upon a minor son or ward, shall be paid by the state a suitable sum for each individual so operated upon, but the official consent of said board or bureau shall be required, and it shall not be given unless for the causes stated in paragraphs 6 and 7.

9. No person, capable of propagating offspring not dangerous to the state or nation, shall be so operated upon, with or without consent, and it shall be made a felony to do this under any circumstances.

The foregoing nine details constitute the plan of procedure. In explanation of them, the question of emasculation is entitled to chief consideration. It is nothing more nor less than the

act of depriving a male of the power to reproduce. It is, in childhood, a simple, safe and sanctioned practice, authorized of God, recognized in the Bible, and repeated millions of times in every generation of mankind, since the history of the world began. It softens the disposition, makes a ferocious and brutal specimen of humanity as gentle as a lamb, gives him grace and natural refinement, a long life, and a high degree of happy contentment. He is called a eunuch, and in old Bible days eunuchs were employed as chamberlains because they were able to do more and harder work than females, kept more steadily at it, and were safe attendants on the ladies of the household. Monarchs, nobles, and all persons of rank, trusted their wives to the care of eunuchs, and this custom prevailed for fifteen hundred years throughout all Europe, and is now confined to Spain, Italy, Turkey and Greece, although existing in other parts to some extent. It is estimated that there are three millions of eunuchs engaged in honorable and high-caste employment in Asia at the present day.

Among the prominent eunuchs of history, we find Narses, the Byzantine general; Bagoas, the Persian minister; and Phileterus, King of Pergama, all of them having been emasculated in early life. There is, in Moscow, to-day, a community of eunuchs, jewelers by profession, many of them very wealthy, who increase their numbers, under sanction of the law, by taking boys as wards and making eunuchs of them. In Italy there are many of this class, but not as many as formerly, when they were kept for their finer, gentler voices, as soprano singers. In Grecian history, during the romantic Byzantine period, a large proportion of the males were eunuchs, so made as a sort of fashion, and principally to lessen the evils of war, for the hatred, malice and vicious tendencies of humanity are not found among this class of men. It is said of them that they are cowardly, and will not fight, except when defending ladies in their charge, but a man may not fight from inclination or disposition, as well as from cowardice. The unwillingness to pick a quarrel or to become abusive, or to commit crimes, ought to recommend the custom of emasculation of Negroes, Chinese, and all imbecile, vicious or dangerous classes to the conservative and intelligent masses of our people.

While this method will settle the negro question, and give to the nation a promise of a brighter future, it will also be of immeasurable advantage to the persons themselves, the Negroes,

Chinese, and other classes of low or deficient intellect, who shall be made eunuchs. It will elevate them to the very highest plane among their people. As attendants, ladies' companions, confidential servants, singers, and fine employés, they will be in great demand, receive the highest wages, and occupy the best positions. If any philanthropist desires to do more for these down-trodden people than has ever yet been accomplished, let him advocate this method, and work night and day unceasingly until it has become a law. It is true that it will enable us to witness the end of the entire negro race in a few years; but this end will come naturally. It will wrong no one. It will avert the shedding of blood; and no other plan, conceived or conceivable by man, is able to attain so desirable an end as this. We challenge any one of the false friends of the Negro and Chinese, to point out any other solution of the question. Those who have attempted to solve the problem, long ago gave it up. It is this or nothing.

The mode of procedure is in a twofold form: first, to educate the voters by creating a strong public sentiment in favor of the law of emasculation; second, by calling all good men out of the conflict of various political parties, and uniting them in one grand effort to make the law a provision of the State Constitution, and afterward of the United States Constitution. Now let us go to work. We are in earnest. Are you? The steps to be taken are the following:

1st Step.—Act on your own volition. Do not wait to be asked. Do not wait to find out who, if anybody, intends to join the movement. Do not seek aid or advice or suggestions, until you have acted; until you have done something. Do not expect us to advise with you, as our mails are loaded so heavily that it is impossible to enter into correspondence, however much we desire to do so.

2d Step.—Gain at once the moral support of the mothers, wives, sisters, daughters, everywhere. Their influence, if combined, is able to enact any law they desire; for they will not be denied a request universally asked. That they will support the 13th Ralston Principle is certain. We have the promise of an army of mothers and wives to fight this battle for humanity. They, with us, hope for the day to come when their sex will be protected from the most horrible of dangers, and daughters will be safe by day or night.

3d Step.—Adopt and circulate the resolution of iron. This is the following, which should be copied in ink, and signed in ink, with the full name and address of the signers. "I am in favor of the 13th Ralston Principle, and will do all in my power to have it made a law." You should obtain five signers of your own sex; and more, if you will; but be sure to have each signer agree to add or procure five more. It is better to have all men, who are voters, sign *resolutions of iron* by themselves; and women by themselves.

4th Step.– Work to secure the signature of every voter in your legislative district; do not let one escape. Give their names to the ladies, if men will not push the matter; and let the fair sex work to secure the promise of every voter.

5th Step.—Do not allow any candidate to be nominated for the legislature in your district, unless he pledges his honor to introduce the bill, or support it, and fight for its speedy enactment into law.

6th Step.—The wording of the bill must be left to the proper committee or framer, not to us. We will not have the presumption to act as law-maker. It is far more wholesome for each state to have a bill worded by its own people, and suited in language to its own temperament.

7th Step.—A law of this kind passed by unanimous consent, or by an overwhelming majority, will have a moral force the advantage of which cannot be estimated in advance; therefore, endeavor to secure all the legislators, or candidates, by writing to your friends and acquaintances throughout your state, and setting them to work.

To the legislator who introduces the proper bill and urges it on until it is enacted, the Ralston Club of America will grant the highest honors of the Club, and will elevate him to the 100th Degree at once, awarding also the emoluments, advantages, and books containing the one thousand Ralston Principles. All these benefits also will be granted to any person, not a legislator, who is first or foremost in arousing public sentiment on this subject, and secures the absolute promise of a legislator to introduce the bill, fight for it, and make it a law. It will be the greatest revolution in the history of the world, and its coming will be on wings of peace, attended by no conflict, and working its results with justice to all and unkindness to none.

CHAPTER VII.

CHILD LIFE OF THE NATION.

[14]

CRIME should not be transmitted to offspring.

This is the 14th Ralston Principle. It is of the same nature as that preceding; but different in all its operations. Many of the ablest physicians and humanitarians regard the method of emasculation as the only protection to the public. Their reasons are brief but conclusive. In the first place, the criminal is regarded as diseased; some believe that he is of disordered nervous temperament; some find him constituted as deficient in mind, or insane, as in the case of the kleptomaniac; others state that the fluids of his body are so impaired from birth as to make morality impossible. We do not believe fully in any of these theories. Our claim, as stated and proved in the Ninetieth Degree book of the Ralston Club, *Immortality*, is that the soul becomes insane, and is thereafter incurable.



Figure 6. Caucasian Criminal.

A specimen of soul insanity is found in the character presented in figure 6. This man is of Caucasian ancestry; and has no trace of anti-racial blood in his veins, unless it is a very indistinct strain of Tartar or Mongol; and this is hardly discernible. There is a visible relationship to the Slavs noticeable. But, wherever his ancestry diverged from a moral status, if it ever occupied

such rank, he is a hopeless criminal. His father was convicted and sentenced to twenty years for homicide; his grandfather was hung for murder; and this man, figure 6, was permitted to grow up, marry, raise children and develop a nature beyond his control. He is a convict, a murderer. Why was there no law to prevent his father from giving him parentage? Why was there no law to prevent him from propagating more of his race and bringing up three desperate boys, all indifferent of human life?



Figure 7. Chinese Criminal.

America is a free country. It has about seventy millions of inhabitants; and of this number, a proportion of her importations will be found difficult to digest. Figure 7 is almost a counterpart of figure 6, except that the parentage is not known. The same doctrine of soul insanity holds true. The face and features are those taken in early life, yet the student of the heart and face may readily discern the lines of treachery controlling the mouth, nose and eyes, and indicating the criminal despite the assumption of smoothness and contentment. A very close study of the Chinese discloses the fact that they, as a race, are treacherous, cruel and criminal by instinct; but held in abeyance through fear, and especially through the inherited memory of tortures devised by their own countrymen to deter criminals from their evil ways. It is strange that, when the mind is unbalanced, the fear of certain punishment will hold many individual acts in check; but that, when the soul is insane, the criminal goes right on. The deed must be committed. The presence of a detecting eye, the warning of danger, may postpone the act, but the knowledge of certain pun-

ishment has not power enough to prevent its consummation. This is a broad and important distinction.

A mind that is unbalanced is sometimes incoherent, and one who has to deal with its owner never knows at what moment the sense will fly away, but in the case of soul insanity the mind is generally sound. Thus, in the course of conversation with the person whose face is presented in figure 6, there is soon seen evidence of a steady mind, a strong intellect, although of a deficient grade and an adaptation to business. He is clear-headed, but cloudy in his moral atmosphere.



Figure 8. Italian Criminal.

The individual whose picture is represented in figure 8 was once the subject of an inquiry that may be worth repeating here. Seeing him at work with Americans an observer asked the question, "If you had a hundred dollars and that man knew it, would you be willing to sleep in the same room with him over night?" The man to whom this inquiry was directed, asked, why not; but finally admitted that he would not feel safe. The question was then carried farther, "Do you believe that Italian would hesitate to kill you if he could not get your money in any other way?" It was afterward a piece of police history that this same fellow, an importation, murdered a small American boy for six dollars.

The same law of criminal tendency holds true in all anti-racials, and in those who are descended from mixtures of anti-racials. The Indian of figure 9 was the noble son of a most treacherous and bloodthirsty father; he had the advantages of a Christian humanity, the offer of civilization, education and training, and these he accepted until the inherited disposition took



Figure 9. Indian Criminal.

complete possession of him and he seemed compelled to obey its instincts. The government of the United States favors the increase of these anti-racials, and does more to foster their children than is done for the offspring of white blood, yet if anything is true it is clear that the race ought to die out by emasculation. It is inhumane to encourage the creation of children whose lives can only be a burden to themselves and to the nation. The Indian is treacherous by nature. Fear may deter him. His surroundings are such as to keep him out of mischief, but let the conditions be changed and he would let his dormant nature forth and massacre as willingly as he now swallows whiskey. Our position is this, that anti-racials are the universal, natural foes of the Caucasians, as they have always been the foes of civilization and human progress. Wherever the white man has taken a step forward out of the blackness of a savage past, some anti-racial has stood in his way with uplifted weapon to strike him down. The world desires no more of these natural criminals than it is compelled to take, and for the sake of the coming generation the hordes of their descendants, Mongols, Negroes, Italians, Chinese, Indians, Spaniards, and their cousins, should be prevented from unloading their offspring upon this country.

The true lover of America is a defender of the Caucasian race, as against all the world. History speaks of but one class as humane and progressive. To it we owe our lives, our schools, our charitable institutions, our inventions, our literature, our Christianity. Every race of people, except the Caucasians, are cruel,



Figure 10. Turk Criminal.



Figure 11. Slav Criminal.



Figure 12. Egyptian Criminal.



Figure 13. Malay Criminal.

uncivilized and pagan at heart. Not only do we not desire them and their offspring in our national make-up, but the dormant influence of their brutal and criminal nature should be checked in the mixtures that are inflicted upon us. In other words, we mean to say that the disease known as crime is soul insanity, due to the mixture of the Caucasian with anti-racial blood. Our process of proof and the facts involved would, if presented here, take up many pages; but this is the conclusion, fully warranted by the evidence. In every case of confirmed criminal tendency it is possible to show that the offender is descended from a mixture of Caucasian and anti-racial blood. There are many authoritative rules by which the matter may be determined.

The lesson to be drawn is plain. Strict rules against miscegenation or intermarriage of the Caucasian and anti-racials should be enacted by law in every state in the Union, and in some of them are already in force.

CHAPTER VIII.

INFLUENCES BEFORE BIRTH.

[15]

THE child is marked with the mental character of its mother.

This is the 15th Ralston Principle. It does not refer to the mental status, for that almost invariably comes from its father, This distinction is of the broadest importance, and should not be lost sight of for a moment. For an example: Let us look at the offspring of the American Indians from their marriages with the Caucasians; as it is always evident, the child of a white mother and red father is of the same low mental status, or condition, as the Indian. The mental influence of the mother does not appear in the child in anything like the arithmetical proposition that might be carelessly claimed. She does not stamp her brain upon the offspring in the sense of overcoming the barbaric condition of its father. Her children are half-breeds. In the details that make up the body, and in characteristics, both parents exert an influence. Thus, the red color would ordinarily be lessened one-half, though not always; and the observer would detect the Indian and the Caucasian as being about equally present in the child. Yet, as it grew up, it would never rise perceptibly higher than the brain calibre of the father.

Let us follow the same line of propagation. The half-breed of the red father and white mother is a female, we will say, and grows up to marry a full-blooded Indian. It is the half and the whole. Naturally, the child of this marriage should be more Indian than Caucasian; but the scant testimony obtainable is sufficient to establish the universal fact that the mental status of the grandchild is *lower* than that of its grandfather, indicating quite certainly the danger of permitting this kind of miscegenation to continue. Among the offspring of reds and whites, in reverse parentage, the results are quite different. We have followed the lives and development of a number of persons grown from childhood to maturity, and our conclusions have been concurred in by the experiences of others. It is always true that the low state

of intellect of the full-blooded Indian squaw is not imparted to the offspring if the father is a Caucasian of high mental status. Of course, the half-breed is the child of both parents, and will show the physical and general mental traits of both; but, despite the supposed distribution of the two bloods in the offspring, it is able to shake off almost entirely the low mental state of the mother under the influence of the paternal intellect. The lesson is a plain one.

The same law holds true in all other cases of miscegenation. If the negro becomes a parent by a white woman, the child will be as low in intellect as the father, although a mulatto in all other respects. Let a negro become a parent by this mulatto, and the child will be of *lower* mental status than its grandfather, who was full-blooded. This law of perversion and decay has been seen operating in many old world tribes, some of which have died out in the third generation of miscegenation; or, to come nearer to the probable truth, have been found so vicious in morals and weak in body and mind as to fall prey to enemies who might quickly learn to hate them for their depravity. Thus, an anti-racial father would control the intellectual status of his offspring in miscegenation, and the child of that offspring would be lower down in the scale if propagated by a full-blooded anti-racial. The danger is in the male parent, rather than in the female. If the laws of existence were to be obeyed, the males of full-bloods, half-bloods and quarter-bloods of any non-Caucasian race should be emasculated, or prevented from propagating; and the world, in a few years, would be vastly better for it. But sentiment, rather than wisdom, has full possession of those who alone are able to enforce this law of human life, and mankind suffers.

We come now to mental character as distinguished from mental status. The word *status* is a forceful one, as it represents a combination of state and condition, or rank and elevation in the scale of value. The word character applies to the garb or dress in which the status may be clothed. Thus, a child is a child, and its mind is in the condition of a child's, but the character of that mind may be good, bad or peculiar. The best of the negroes are sixty per cent imbecile, and that is their mental status, but the character may be gentle, rough, violent, coarse, stupid or vicious, as all grades of intellect, from insanity to perfect clearness, may take on these variations of garb.

It is decreed by nature that the father shall impart to the child his mental status, and that the mother shall contribute her mental character. The dress, foliage and growing shape of the tree are due to one cause, while the value and condition of the main part of the tree are due to another. So with the child. The Caucasian mother of a half-imbecile child may make the best of what she finds in her offspring, but she cannot raise its mental condition to a level with her own. So any mother may make or mar the mind of her infant, at any time from conception until it has passed out of its youth. This power to give shape and character to the child intellect is a sacred trust that may be faithfully executed or wantonly betrayed. The mother is held directly responsible, whether she knows it or not, and whatever may be her accountability hereafter, she will, if she lives, be compelled to witness in the ever-present character of her child, the faithlessness of her own conduct in its management.



Figure 14. The Superstitious Mother.

The high and low grades of mental character are found in all phases and in all classes of society. Among the poor and ignorant are many women who are endowed with good common sense and a high order of mind, for the condition that environs it. From such mothers may come the better intellects of the next generation. Among the rich and educated are many women who are endowed with very shallow minds, and despite their superior advantages, the children of such mothers occupy an inferior plane of intellectuality. The brainiest of the world's men have come from mothers uneducated, but of strong mental character; while the shallowest of men have come from mothers of good education, but of weak mental character.

The flattest of weak minds is that of the person who is abnormally superstitious. The true typical face of the woman whose thoughts are eternally rambling among good and bad omens is seen in figure 14. This lady is of good birth, of excellent education, and noted for her love of the best things of life, but she is full of signs and their meanings, commencing in the early morning and extending through the day up to the last moment of consciousness. To see her and hear her talk one would naturally expect that



Figure 15. Child Marked With Superstition.

she would become the mother of a bright boy, but her only child is shown in figure 15. He is marked. In the illustration his face is shown in repose. This is the way he looks at you; it is his expression at the table; in play; at his studies; at school; at church; everywhere. He is marked in his mind, and the latter is interpreted in the face. His mother has a dozen superstitious omens to be settled before she is dressed in the morning; another dozen at the table; a hundred during the day; more at night, and her last thoughts before going to sleep are of some dreaded mishap connected with the number thirteen, with Friday, or something else. She knows fully three thousand rules or sayings of superstition, and she knows but little else. The fault might be overcome; could, in fact, be overcome by the exercise of will power. To all who possess this evidence of an abnormal mind we recommend the *School of Character*, a book of human ethics. Many women, while awaiting the arrival of the babe, have studied and practiced the one hundred points of character contained in the book referred to with great advantage to her offspring. The work is very properly a part of the set of emoluments in our club, and without it the latter would be imperfect.

All the evidences of mental weakness cannot be pre-



Figure 16. The Gossiping Mother.

sented in these limited pages. It is enough that the principle be established by a sufficient number of examples. Gossip is, like superstition, prominent among the leading characteristics that mark children. Why it is so may be ascertained by an analysis of the mind that indulges in this most extraordinary way of passing the time. We are not about to lecture or condemn those who must either gossip or be miserable, but we would suggest that the habit be lessened as much as possible during the months that precede the birth of the child. The brain begins to form active impressions about six months before birth, and this would be a very good time to suppress the habit of gossip and save marking it.

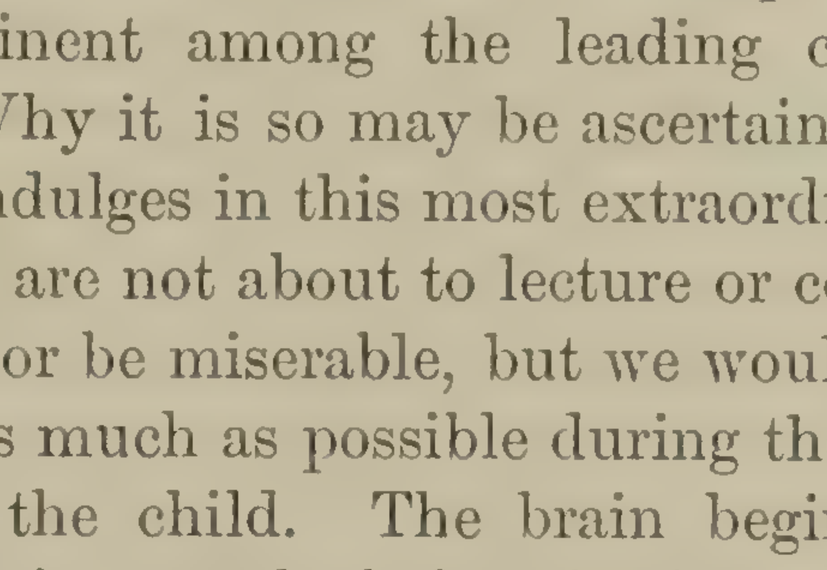


Figure 17. The Child of the Gossiping Mother.

It need not be entirely dropped if the strain is too great to be endured, but for the sake of your child's future, and to prevent giving it a birth mark of mental deficiency, try to lessen to a minimum degree the practice of gossiping at such time. Do not discuss the affairs of other people more than twice a day for awhile. This will lop off considerable. The scandals that you hear and

repeat should be reduced to one a day, unless they are very mild, in which case two a day may be served up, but without trimmings. Things that are none of your business might be so regarded by you, without much loss of prestige among your neighbors, if you would take the trouble to explain to them the reason of your extraordinary conduct. These remarks are not made to the true women who have enough mental character to avoid bespoiling their minds with the habit of gossip, but they apply to others who practice this sin, and are not so much to blame for it as the world thinks.

Study the two faces presented in figures 16 and 17. The woman is the mother of the boy. The portrait is of her own choosing, for it is her photograph taken at her best and at that moment when the artist told her to smile. Yet all the blandishments of feminine assumption cannot smooth out the lines that the perennial gossip develops in her face. The nose inflates in excitement during the discussion of other people's affairs, their scandals and misdeeds; when the details are shocking or salacious; the same nose contracts in misery when the same bit of news has previously reached the ears of the person to whom it is brought; and between these two noses the woman acquires a distinct type of gossip-nose, easily discerned by the public. It makes no difference what size, length, breadth, thickness of nasal appendage nature has bestowed or intended to bestow on the female, the muscular lines about the organ are one and the same in all gossipers. Then comes the familiar law of giving to the unborn child a birth-mark. Figure 17 is the son, unfortunately, of a woman whose mental disease, for which she is not fully to blame, is her fascination for talking about people. This boy is nose-deformed. The mother is a notorious talker, as the distinct gossip-lines about her mouth clearly show. She talked on an average of four hours a day for months previous to the birth of the boy, including in her conversations almost nothing except the doings of her neighbors and other people, whose every deed, real and surmised, she discussed and criticised, without regard for the truth or falsity of anything she said. It was at her suggestion that her boy's picture was taken, and she professed to believe that he was a handsome boy. In a mental sense, he is birth-marked by the gossip-lines of his mother; and this kind of marking is as effective and unpleasant as any that can be inflicted on the child.

It must not be forgotten that the brain of the unborn

offspring is a part of the nervous system of the mother; and that as her own brain is fed by the impression made on her nervous system, so the infant is influenced by the very causes that control her mind. In other words, the child is in touch with the mother. This has been shown to be true in thousands of cases; and might be demonstrated in almost every life, if it were possible to arrive at the facts. The well known bits of public biography are no more strange than the unpublished accounts in every-day life. The fact that, a few months before Napoleon Bonaparte was born, his mother witnessed a battle that deeply impressed her mind, is in the same line with the inventor's inheritance of a passion for his work, coming from the mother's reading and re-reading a book that dealt with the subject of inventions. The love of oratory was shared by Daniel Webster's mother; she having listened to a very eloquent speech a short time before he came into the world. A private instance may be cited to show the influence exerted over the offspring, by allowing the mind to have undue freedom of action, during the development of the unborn child. A woman whose husband was a man of scholarly refinement and religious life, and honest in every respect, was herself equally well endowed. It was said of them that a child of the marriage would be one of whom they could be proud. The mother, about five months before delivery, received a visit from a former schoolmate, a lady of most liberal modern views, who had but recently learned to follow horse-racing, and to bet on the wrong horse in every instance. With her visit she brought the usual horse-race-gambling passion; which, once acquired, cannot be shaken off by a man, much less by a woman. She explained the process of betting as indulged in by the fashionable women of large cities; the exciting run of the horses; and all the hilarious exhilaration of gambling in this way. While the mother disapproved of the crime of betting, now legalized by the consent of the sinning classes of fashionable society, she was impressed by the repeated rehearsals of the racing. The boy was born and grew to young manhood, when suddenly he was seized with the same mania, and nothing could keep him from the track, except the gaming dens of the lowest vice which are the natural followers of the race track. This young man, bred of religious parents, is now wearing stripes in the penitentiary, as a result of the gambling mania inherited from his mother, and developed by her at the critical period of her pregnancy.

[16]

The child is marked with the nervous character of its mother.

This is the 16th Ralston Principle. The influence that results in giving the offspring birth-marks is exerted between the third month and the ninth month. Mental character is that which effects the direct province of the brain, but nervous character applies to the realm of the system that does not depend so much on thought as on feeling. A line of conduct, of deliberate vice or error, may emanate from the mind, while feelings and emotions may arise,



Figure 18. The Fidgety Mother.

and do generally arise, before the brain has time to pass judgment upon them. The general disorder of the nervous system is known as nervousness, or, to use a common household term, "having the fidgets." The chief question is how far this trouble may be prevented. Is it curable? The complete membership of the Ralston Health Club has well answered that question: What the school of character is to the mind that volume is to the body and nerves. No woman has a right to give way to her feelings, and yet she has many a cause for doing so. The greater her danger the more should be the care that she must exercise. A keg of gun-powder is more protected, watched and guarded than a keg of nails; one explodes easily, the other not at all. Women allow themselves to become very nervous, by yielding too easily to the moods that come over them. In figure 18 is seen the typical face of the very susceptible woman. She jumps and starts on the least sound; the dropping of a book so alarms her that she nearly faints, after a violent quiver of flesh; any unexpected movement will unstring

her nerves, and she feels as though she "must fly," as she expresses herself

This great nervous susceptibility will grow fast, or will succumb to the calm act of the will, but, as it is easier to "let go" every time, the woman, already suffering from the malady, rarely ever tries to check it. It is from such fault, so easy to overcome, that the now prevailing disorder known as St. Vitus' dance, or nervous twitching, is derived. This peculiar malady is most dis-



Figure 19. St. Vitus' Dance, as seen in the Child of the Fidgety Mother.

tressing at times, but does not receive its name unless certain symptoms are found. It is, nevertheless, found in all grades, from the least to the greatest. Every twitching of the muscles owes its action to the nerves, and to something wrong in the health of the system. Some have the trouble in one part of the body, some in another. A jump of the foot or limb, a jerk of the arm, a shake of the shoulder, or twitching of the neck, a tortured contraction or expansion of the face, and any similar unintended motion may come under this head. As a rule, a person so disordered in the nerves is unaware of the real extent of the trouble. In figure 19, the boy is the child of the nervous mother of figure 18, and his peculiar birth-mark is the India rubber broadening of the face, coming on very suddenly. The cause is ascribed to the unfortunate giving way of his mother to a spell of hysterics when she found out her condition, some five months before his birth. She had always allowed herself to yield to the control of every mood and feeling, even before this. It was the culmination of years of willing accumulation.

Temper is a nervous disorder. It is very highly developed by a woman in the maternal condition; and there are two reasons for this. First, she is taxed by circumstances which are not so easily controlled, as at other times. Second, she is often



Figure 20. The Ill-natured Mother.

annoyed by the discovery of her state; and she becomes venomous at the thought of it. The Pomeroy boy murderer of Massachusetts, now a grown man in the prison of that Commonwealth, was nervously diseased by the influence of his mother's temper. When she found herself with child, her anger was so great that she threw a knife at her husband, against whom she made the heinous charge of paternity. The boy, when quite young, would tie other children to posts, and amuse himself by throwing a knife at them until he had killed several. He was adjudged guilty of murder in the first degree; but the Governor commuted the sentence of death to imprisonment for life. His subsequent incarceration has proved him to be one of the most dangerous of nervous criminals.



Figure 21. Child of the Ill-tempered Mother.

The savage disposition of some women at such times is quite remarkable, in view of the fact that they are not ill-tempered

under other circumstances. This has led investigators to conclude that they are insane. The real fact is that the nerves lead direct from the brain to those at the place of generation; and when the latter are strained they effect the whole system, mind and all. It is a species of temporary insanity. But the other side of the case is, that it may be controlled by those who are determined to keep it under sway. Figure 20 is the face of a woman who is ill-tempered from nature and choice; and figure 21 is the child she has brought into the world. Both faces are at their normal, or best temper. There are boys and girls growing up in every place, who are thus marked.



Figure 22. A Woman of Stubborn Temper.

Among the variety of ill natures everywhere seen, the most disagreeable is that of the wife who hates maternity, and stubbornly refuses to endure it. She will listen to no reason, no argument, no intimation of the duty she owes the world; but she sets herself against all her friends and her family, resolved to become as disagreeable as possible. Worst of all she sets herself against the child. With hatred for it she doses her system with everything she ever heard of, or can get information about, and tries to kill the embryo. A dozen remedies are tried the second month; two dozen the third; and violence attempted the fourth; until she finally bemoans her situation and prepares to bear it ill will from the moment it is born until she chooses to become reconciled to it. The innocent thing comes into the world, blasted by the curses of its mother. She was a fair creature, as may be seen by glancing at figure 22; for, behind the ill-temper, are features that would be considered pretty if they were nurtured into smiles

by a heart full of human love. Her child ought to have been beautiful; but, at its very best, it is no more attractive than its picture shows in figure 23.



Figure 23. Smile of a Child Cursed by its Mother's Temper.

It is refreshing to know that most wives accept maternity willingly, and that these ill-natured cases are in the minority. It is, however, too true that many women are everywhere found who hate the condition and seek to injure the little innocent offender. It is a sin of the first magnitude. It leaves a life-long impression on the nervous system of the child, and many a mother has lived to regret it. A son of wealthy parents, both of whom were of the highest rank in intelligence and refinement, ought to have been a noble youth. He carried the mark of a high temper imparted to him by his mother previous to his birth, and this curse followed him through life, until he gave way to it by committing murder, for which he was hung. His mother recalled distinctly the time when she flew into a passion on a slight pretext; she saw the boy growing up under the effects of the blight; she bade farewell to him as he stepped to the death-trap, and to this day she realizes the awful accountability devolving upon her in the day when she and that boy will meet again. Temper can be held down if one chooses to exercise the power of mind necessary to keep it in check. This is proved by the thousands of cases of women who curb their ill-nature in the presence of visitors, and yet when alone, or with their families, let it have full vent.

[17]

The child is marked with the physical character of its mother.

This is the 17th Ralston Principle. It relates to the habits or appearances of coarseness or fineness in the body of the child. The

father imparts the status, or scale of rank physically; the mother bestows the habits and character that mark the life of the child,



Figure 24. The Perfect Type of Woman for Motherhood.

not only for ease in child-bearing, but also to give to her offspring the guaranty of a perfect body, should every woman become masters of the Ralston system of physical culture, good proportions of development, equality of all the muscular powers, and proper distribution of the flesh. She should not be too heavily built, nor too light. Her form should be well proportioned, and all parts balanced; weak and languid muscles stiffen and lose their pliability, rendering child-bearing dangerous. Overworked muscles become set, and their condition is relieved by a scientific balance of action employing non-used muscles. It is true the hard-working people carried about with them as parts of their anatomy a lot of cords, tendons and sinews that are never employed while they drudge and toil with others. The greatest blessing for the woman



Figure 25. The Lazy Woman.

who would pass safely through the perils of maternity is the system of physical culture referred to, and the full method is included in the Ralston course. Such a woman is seen in figure 24.

Opposed in physical character to the perfect body of one trained in Ralston culture, is the inactive or lazy woman. She may be made indolent by her condition; and, if so, every day spent in lack of proper exercise is adding peril to the critical hour, when her fate and that of the child may hang in the balance. She is, perhaps lazy by habit, acquired from novel reading; a kind of time-wasting that saps all the vital energy from the muscles and nerves, and keeps the brain over-active with its worst stimulant—trashy fiction. Such women become the worst mothers.



Figure 26. Child of the Lazy Woman, having Birth-mark.

Their children are more often deformed than are the offspring of other parents; and the marks are generally in the ill-shape of the features. A most valuable lesson may be learned by a study of the face shown in figure 25, that of a woman who lies abed until nearly noon, reading cheap novels. She does very little work; dresses herself more for outside appearance than for real comfort or completeness of attire; and is satisfied with the least exhibition of neatness. Of all the myriad duties that make up the life of a true wife she accepts none, if there is a way of avoiding it. The study of the face in figure 26 reveals the extent to which the evil influence of a badly-managed body may affect the child. The nose is not like that of either parent—and a decided variation in the shape of this feature is always evidence of physical marking. The forehead is flat, resembling the low mental state of a savage. The leer of the eye and the grin of the mouth are the usual expressions seen in the faces of expectant readers following the plots of trashy novels. Such mothers not only increase the

dangers to themselves at the hour of child-birth, but they destroy the best part of the body of the offspring—the face.



Figure 27. The Untidy Woman.

While laziness is a serious fault in the physical care of the body, it may yet be attended with cleanliness; and, on the other hand, the active person may be very neglectful of the physical condition of the body. To keep the pores of the skin open by frequent bathing is of great importance from the standpoint of health; but it has a special value in the influence it exerts over the disposition of the child. There are many boys and girls who prefer nastiness to cleanliness; who shrink from a washing of the face or a bathing of the body. It may be safely set down that they have inherited this disposition from their mothers. We find in figure 27 the face of a woman of refinement and activity. She cannot be called indolent, for she attends to her household duties, studies some, and writes for the papers; yet her face is caked with the dough of collected dirt, to remove which would require so much time that she prefers to powder it over and let it go. Her neck is yellow, her ears waxy, and her forehead begrimed with the soot of honest toil, that would prove remunerative if placed in a vegetable garden and planted with potatoes. We know a very refined and very estimable lady, a teacher of expression, whose unbathed body always oppresses the air of the room by its fermented perspiration, and requires four times as much ventilation when she is exercising as would be necessary if she had left the odor in a bath-tub.

The mother bestows upon her child the same conditions that prevail in the physical management of her own body. The influence marks the offspring, but the evidences in such general cases are in the features and in the disposition, and not the usual



Figure 28. Child of the Untidy Woman. This Boy has Fits when Washed.

skin marks so often found. Figure 28 is the likeness of the child of the untidy woman shown in figure 27. He has the small eyes and expressionless face of one related to the pork tribe; while the pig nose and extra large chin denote a low order of physical quality. No better advice could be given to any prospective mother than to acquire the very best habits of body; keep it active; keep the activity balanced, so as to distinguish work from culture, and keep it clean. The child will reflect the mother in all these respects.

[18]

The thoughts of the mother impress the child.

This is the 18th Ralston Principle. By the use of the word impress we intend to convey as much and more than is included in the idea of defacing the skin. Not all evidence of maternal influences are shown to the eye on the surface of the body. It is true that nearly all children bear some visible marks, but they are imaginations in many cases; and in others are uneven distributions of pigment or coloring matter. The so-called white person is not white. There is, at the base of the skin, a floor of sacks, many millions in number, whose duty it is to color the surface of the body. The blood and all anatomical construction may be alike in the various races of mankind, yet this pigment has a very unpleasant way of rising to the surface and discharging a blackish fluid for the Negroes, a reddish for the Indians, a yellowish for the Mongolians, a brownish for the Malays and a whitish for the Caucasians. But this white hue is very far from white. It is light, however, and its lightness gives opportunity for any variation to appear. Hence arises a popular notion that the child, showing uneven coloring, has received a birth-mark.

Sometimes the skin is congested by injury, and great blotches of red, purple, or beef-steak hue may be seen on the face or other parts. In nearly all such cases the mother has had a violent temper during the months preceding delivery. We doubt if there is an instance of this horrible disfigurement in which the mother has not given sad exhibitions of her vicious disposition. It is not to be wondered at that the child is blighted. Sometimes the marks are brown or yellow. Many ladies find in them a clear resemblance to some kind of food longed for at the time when it was not to be had; and an accidental touch of her hand upon her own body would leave a corresponding defacement on the skin of the unborn child. Thus, one woman wanted an onion, and touched her forehead at the time; her child was born with an onion marked on his forehead. All the vegetables, fruits, foods and numerous extraordinary things have been reproduced in this way. The thoughts of the mother, acting in copartnership with the pigment, have done their work.

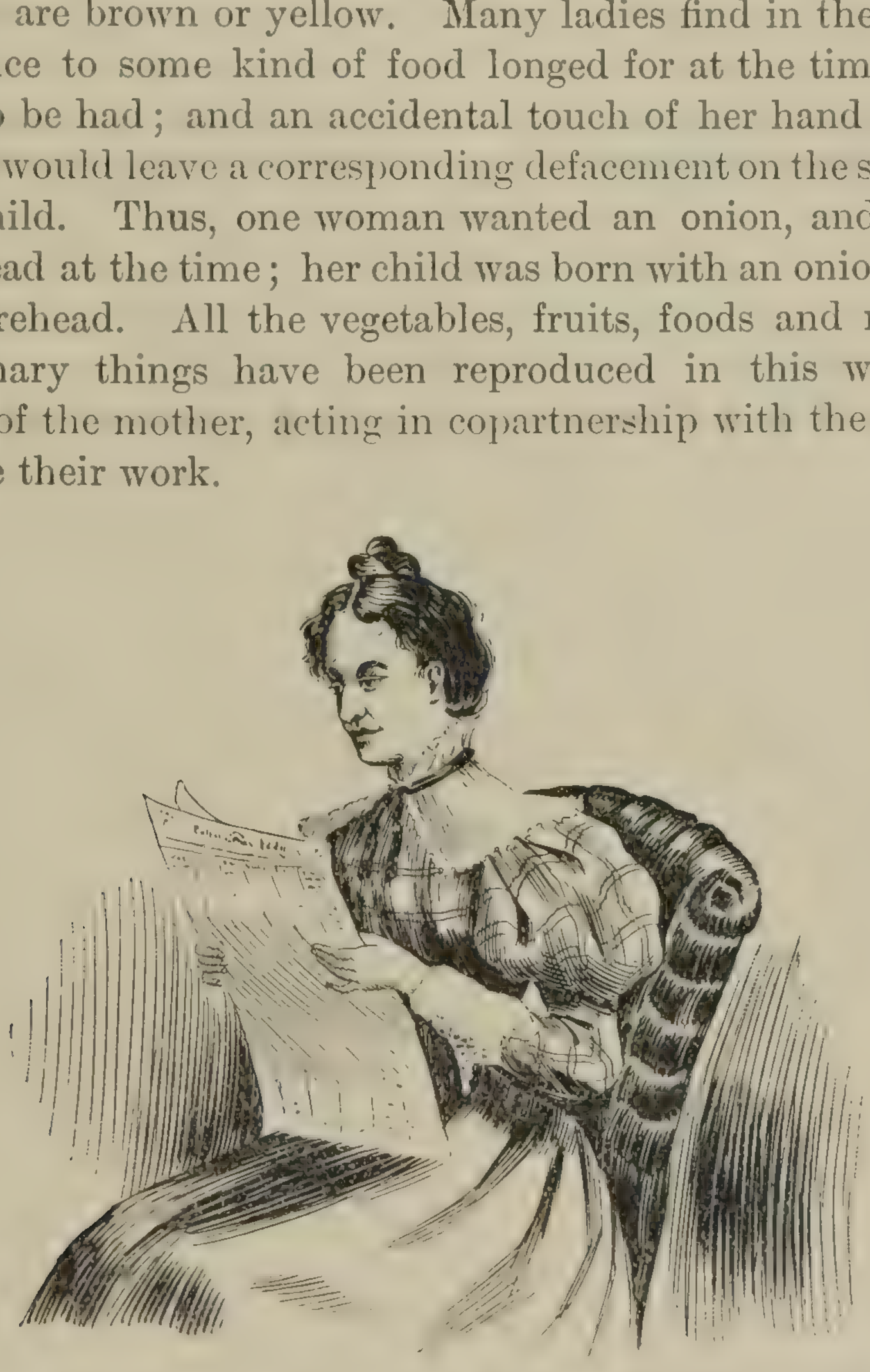


Figure 29. The Daily Sewerage Marking the Unborn Infant.

A mother who values the life of her unborn child should avoid impressing upon it any strongly presented thought of an adverse nature. While it would be too much to expect a continually clean flow of ideas in any human mind, and while the brain

should adapt itself to all kinds of impressions as a means of inuring it to the experiences of real existence; yet it should shun at all times, and especially during the months of approaching maternity, the startling headlines and shocks to sense, which appear in all the sensational newspapers of this country, for the sole object of selling papers and making money. They are known as criminal journals, and their business is called criminal journalism, for the following reasons: first, the men who conduct them are criminals; second, they serve up in the most horrible form all the crimes of each day, from the least to the greatest, paraded in exaggerations that arrest the attention, appal the brain, and sell the papers; third, they are the cause of the fearful increase of crime now going on in America, and they stimulate the appetite for a felon's career by their pictures of hero-murderers and the ghastly victims felled by the knife, the pistol or the deadly poison.

A mother would do well to never allow a sensational newspaper in the house; for children who are growing up are easily impressed by the accounts of crime so startlingly enforced in pictures and big headlines; and the current records are full of the deeds committed by young imitators of the older miscreants. Many of the children are innocent of the gravity of the offenses of which they are guilty. Thus, a lad of ten who poisoned his sister, did not shed a tear when told that she had died in the most terrible agony; but seemed to think that his methods were successful, for he produced a page from a daily newspaper which described minutely how a husband had poisoned his wife, by the use of a rat powder. He followed the plan, and was quite content to know that he had succeeded as well as the wife-murderer. Estimating from statistics collected during a given time, it is safe to say that, in the last twelve months, fully one thousand boys and girls have, in this country, been stimulated, by newspaper accounts of this kind of crime, to attempt the poisoning of parents or other members of the family; and that over four hundred have succeeded in causing death. One city produces an average of over one case a week.

The spirit of revenge among servants is excellently well fed by the sensational accounts of crime printed in the newspapers. Servants, as a rule, are inferior in intellect, and therefore more ready to seek revenge. They are offended by little provocation; but, when intent on murder, they assume their usual air of

pleasantness, which is in accord with the low cunning of inferior intelligence. There were six hundred cases of poisoning in the United States, in which servants wreaked vengeance on their employers or members of the family; and, in every case without a single exception, the servants had access to sensational newspapers. One female carried an illustrated article in her dress pocket; parts of the description being marked. In four instances the servants had taught children how to use poison, giving them the information read from similar articles. Many of the murderers confessed that they were instigated to their crimes by the exciting description of similar deeds, set forth in most attractive style in newspapers.

In other methods than by poison, have the boys, though rarely the girls, of well managed families, been stimulated to murder father, mother, brother, sister or playmate. Shocking and unnatural as it may seem, the annals of crime include all these many times repeated. The *Youth's Companion*, May, 1897, had a timely article on the great increase of crime among the youth of our land; and it showed in what way the newspapers were directly the cause. Other clean periodicals have taken up the matter, and are doing what they can; but they labor under the misfortune of increasing the circulation of the very papers they condemn. It is a serious reflection on human nature that criminal journalism thrives on the abuse it receives; for it enjoys the benefits of such free advertising. Probably no question more important, no problem more difficult, faces the parents of our land at this time than the manner in which to destroy the evil influence of this hydra-headed monster,—criminal journalism.

The most effective way is that which is least likely to be adopted, namely, to refuse to patronize merchants who advertise in the sensational sheets, and to notify the merchants why you so refuse. This involves the establishment of a committee of ladies, and a Mothers' Ralston Club, in every town and city; the committee to be appointed by the club, and their duty being to designate the papers that are offensive. The club will, then, call on the proprietors of stores whose advertisements appear in such sheets; promise their patronage in case the advertisements are discontinued for good; and deny it otherwise. As a criminal newspaper lives on its advertising contracts, the withdrawal of these would quickly destroy the paper. To refuse to read, to buy, or to have in your

possession a copy of such journal, may do some good, but very slowly. Many reading-rooms have refused to admit certain New York, Boston, Chicago, San Francisco and other dailies; and such associations as the Christian Endeavor, Epworth League and Chautauqua, have voted to refuse patronage to certain criminal sheets, as well as to merchants who advertise in them; but the evil is too great for an indifferent action. It needs a strong leader in every school district, in every town, in every city-ward, who will not be dismayed by failure or weak support, to rise up like a giant and give a lifetime of labor, if need be, to the accomplishment of this great end.

We have discussed the direct effect of criminal journalism upon the children, and it now remains to speak of the indirect influence exercised through the mother previous to the birth of her child. In figure 29 the too frequent habit of an all-absorbing interest in, and daily imbibing of, sensational news is presented as a study. This woman is reading an account of a murder, and is learning how a man cut his wife's throat, every detail of the crime being described and illustrated in the most startling manner. She will become a mother in a few months. What will be the condition of her child? There are women who dote on, live in, and swear by the red-hued sensations of the daily press. They are too dull to know that nine-tenths of the stuff is pure fiction, created out of the brains of the cheapest kinds of writers, reporters for illegitimate journals. Children are not only marked, but their characters are horribly stamped by such influences, and they are candidates for the ranks of criminals, as soon as they are able to think for themselves. If motherly love is to control the process that brings humanity into the world, each wife should cultivate thoughts that are pure, and avoid the screeching sensations of the sewer press. A regard for the best things in the realm of beauty, of music, of art and literature, a leaning toward refinement and culture, a hope for a higher plane of life, an ambition to bring into being a child of perfect body, of clean mind, and gentle temperament, should be the controlling influences that possess the mother of the unborn offspring.

Not only does crime increase faster in proportion to the growth of population than it ever did before, but mental derangements are multiplying still faster; and insanity is one of the distressing problems of the immediate future. Tracing the character

of mental-markings back to the character of the reading indulged in by the mother previous to the birth of her child, we find a direct connection between the two. In illustration of this, a few instances may be cited. A mother read a sensational article, in which a certain woman imagined that she had glass legs. The account caused her to dream that her unborn child would be so afflicted. The infant came into the world deranged; and, at the age of fifteen was a confirmed lunatic, suffering under the hallucination that his legs were glass, and were constantly breaking. Another woman read an article on flying-machines, concocted out of the imagination of a Sunday paper writer, in which the certainty of flying was guaranteed to every human being. The claims of the fraudulent article were so extravagant and so vividly set forth, that she heartily believed them to be true. The strength of the impression caused her to think constantly of the one subject, and her child, born a few months later, was insane on the subject of flying machines. Had the so-called scientific article contained sensible descriptive matter, such as would come within the realm of actual invention, the impression would have been normal; but it abused the name of science by the most startling falsehoods. Nearly all Sunday papers contain lies called science; and these are devoured by young and old who believe them to be valuable. A woman, credited with good judgment in matters of education, wrote us that she disliked the Sunday papers, and never patronized the merchants who advertised in them, but she "hated so much to give up the scientific articles," which they contained. She actually believed the articles were scientific, and that they were of an educational nature, instead of cheap fiction. In another case, a paper published an account of a freak who delighted in frightening people by looking in their windows at dusk. Although the whole article was untrue, it yet invented pictures of the persons frightened and of the freak himself. Of course the writer of the stuff accomplished the object he had in mind of terrifying the readers of the paper. A woman who read every word of the account, delivered a child a few weeks later. The little fellow had the face in the picture of the freak; and, when older, he became insane. His derangement took the character of the invented demon, who scared people by looking in windows; and he was not placed in an asylum until a girl had been thrown into convulsions from fright at seeing his awful features; as a result of which

she died. What caused this fatality? The boy? Who was to blame? Was it the mother, the wretch of a newspaper correspondent, or the spirit of hideous greed that makes papers sensational in order to sell them and make money? Let every self-respecting parent keep the criminal paper out of the house and away from the family. There is but one rule to guide you: avoid papers having bold headlines, or scare-heads, as they are called in the printing office. Take as your models such journals as the *Baltimore Sun*, the *Washington Star*, the *New York Tribune*, the *New York Sun*, and others that seek to present the news as current history rather than daily sewerage.

Second Grand Division

Child Life

AT BIRTH

A GUARANTEE OF

ABSOLUTE SAFETY

TO MOTHER AND CHILD

CHAPTER IX.

WHAT SHALL BE THE SEX?

WE now enter a new field of discussion and investigation. It is supposed that the good wife has laid a proper foundation for a child of normal mind and body, by carefully observing the suggestions given in the preceding division of this book. We come now, therefore, to the thing of flesh that is growing and must be delivered into the world. What it is, should be clearly understood before its advent into the society of mankind will be properly received. This chapter and the next will follow the coming stranger through the various stages of its development.

Commonest among the every-day common things of life, is the story of sex. Why the male and female are necessary is one of the problems, the solution of which would mean nothing. The graver question is, why is reproduction necessary? Life, on its pleasant side, is worth living; and the very things that detract from the desirability of a prolonged stay on earth, are the causes of departure, the steps toward death; disease, decay and the collection of old age material in the body. As told in the pages of that larger work, *Immortality*,* all earthly existence is either experimental or progressive; otherwise reproduction would be an idle and endless process.

Matter is in two classes, animate and inanimate. As opposed to matter, or superior to its operations, there is a vital force which requires hundreds of pages to explain, and the consideration of which is left to other volumes in this series of works. But it is this vital force that lives, multiplies, reproduces, dies and revives; in doing all which, it employs animate and inanimate material; and acts through the agency of two sexes, male and female. The body in which our existence is supposed to dwell, contains much that is as inanimate as the matter in the rock that

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**Immortality: a Scientific Proof of Life After Death.* By Edmund Shaftesbury. Price, ten dollars. A volume of great size, magnificently prepared. Address Ralston Club Association, Washington, D. C.

rests upon the surface of the earth; yet this very inanimate material is used and swayed by the living action of the vital parts of the body; and back of all is a purpose that has perplexed the wisest thought since first the flight of time began. The three steps in the life that dwells upon this planet, are: to live, reproduce, to die; and thus each race is perpetuated. Reproduction is exactly as extensive as death; death is exactly as extensive as life; life is exactly as extensive as reproduction; and the circle seems endless; for, when the whole complication shall become extinct, the spirit that invests it will survive to reappear in other æons of time and realms of space. The whole story is one of intense interest; but this is not the book for its consideration. All Ralstonites are progressing toward the goal of the high degrees, where the volume, entitled *Immortality*, as well as others in the course, are awarded them as emoluments.

Two sexes abound everywhere. The persistency with which nature compels each living species to reproduce its kind is the most remarkable fact in existence. Why one sex could not attend to this duty is not surmised. The apple-tree brings forth its fruit; the seed in the fruit are matured; being planted, they germinate into a combined result, which represents father and mother, instead of the parent that bore the apple, hence growers avoid that method of re-stocking their nurseries. Seedlings, from seeds, are mongrels or mixtures, and therefore uncertain. In order to obtain an exact reproduction of the stock of the parent that bore the fruit, a twig or limb or branch is inserted into the trunk of the seedling, not merely to feed on its vitality, but to develop apples of the kind that grew upon the tree from which the part was taken. This is not strictly reproduction, as we understand the term, but it is an extension of the original by further growth. The principle dominates all nurseries. The seeds of the rose, the carnation, the geraniums, of nearly all highly cultivated flowers and fruits, produce uncertainties, so they are not permitted to reproduce; but, in their stead, the growth of the parent is cut or divided into smaller parts of itself, each to be allowed to develop, and again be subdivided. A cutting from a plant, put in the ground, will take root, grow, be cut, its parts made to grow as new and separate plants; and so the story goes on, without limit.

Few growers know that they are making use of the very first principles of natural reproduction in this dividing, growth,

re-dividing and extension. It is the earliest process of the human embryo. If you will draw a small circle, a tiny ring, on a piece of paper, you have the starting point of everything that has life, and you may easily understand what growth is, both high and low. To know what this is would be to know the secret behind existence. We do, however, know that the giant oak or the blade of grass, the huge elephant or the microscopic insect, must originate in the cell or little circular, globular unit which you have drawn. It is the beginning of everything. Mankind is no exception. You were once a child; the child born was once an embryo unborn; the embryo was once an egg in the mother; the egg, itself a collection of little cells, was once a unit or single cell, and there you had your origin. It is strange, but the tree came from a cell as tiny and as simple; the flower, the vegetable, the bird, the fish, each and all developed from a single cell, and you and they commenced life on an equal basis. It is in the way that these cells unite and make their structural form that causes one being to differ from another; one to be a plant, another a mosquito, another a weed, and another a pretty girl. There is no doubt that the same material is used as a basis, and differs as the combination of cells takes shape and matures the embryo.

To understand the size of the single cell or unit, which serves as the basis of all animate matter, you may imagine this globule to be on a piece of glass, but you will not see it. Perhaps you think a microscope may disclose it; so you borrow an ordinary instrument from a friend. It does not reveal the cell. You now apply to a scientist; he loans you a magnifier that makes a hair look like a tree from California, but the cell is invisible. At length, securing one of extraordinary power, you discover the mass, and find that your little circle, although not an image of the globule, conveys as much to you as does the particle itself. It is possible to find within the circle a smaller globule, in which there is a dot. This dot is called the *id;* the small circle is called the *nucleus;* and the circle which you first drew is called the *cell.* You may now draw a number of circles; in each place near the inner edge a smaller circle, one-tenth the diameter of the outer one; and in each of the smaller ones place a dot between its center and circumference. As shown very fully in the one hundredth degree book of the Ralston Club, the *id* represents heredity or the impulse handed down from parent to offspring; the *nucleus* repre-

sents the nature and vitality of the life in process, free from all influences of birth or ancestry ; and the *cell* is the body or mass that constitutes the animate matter. Thus it is seen that the *id* is charged with the duty of maintaining the species and the character of the descent, while the nucleus becomes the individual brain force of the little life. It is into the *id* of the female that the germ of the embryo is planted, whether it be a tree, a flower, or a human being.

To secure her ends nature is profuse and prodigal, even to a degree of wanton wastefulness. For every seed that might have been originated by the impregnating dust of male sex that floats to its mate amid the flowers a million are lost, and when the seeds are produced they are not all productive in turn. Thousands of apple blossoms blow away to the winds for every hundred that mature in fruit. In the human egg there are many millions of cells, each provided with nucleus and id, but the act of impregnation employs but one of these, while all the others turn in and help to make the germ of the embryo feel at home by supplying the sustenance of development. This sustenance is the cell-mass of their own bodies. If you will now draw a large ring about an inch in diameter, and fill it full of cells, made as described, you will get an idea of the matter of which the human egg is composed. Of the millions of cells in this small compass one only will receive the germ of the embryo, and in its compass the newly combined interests will set about to build the existence that is to follow.

While the egg is but a collection of cells, and represents female receptivity, the germ of the embryo is the life itself. If you wish to know what this is like, you may draw a line with a head to it, somewhat oval shaped, or you will see by reference to figure 30.



Figure 30. The Germ of the Embryo Entering the Egg.

Figure 30, the tiny germs approaching the egg, one of the former being destined to enter the latter, while all the others are left to perish. Five of these germs are shown in the illustration,

but they are a few only of the myriads that are chasing after it. The impregnation is represented as taking place in the fallopian tube, whither the germ has traveled; but, ere long, they will drop down into the uterus where the united couple will set up housekeeping for a period of thirty-nine weeks. The ring toward which the five male germs are moving is the egg of the female, and it is in the fallopian tube that the union often takes place.

It is supposed by some that the male germ of the embryo is the child itself, and that entering the female egg it nestles there prepared to grow. This cannot be true. The male germ is too large to enter of itself into the most developed of the egg-cells; the fact being that it carries an *id* from one of the many cells of its own structure, and seeks to deposit this *id* in one of the cells of the female egg. Thus the germ of the embryo is merely a carrier. There are many reasons to believe that the male *id*, or spot within the nucleus of the germ cell, unites with or bends into the female *id*, or spot within the nucleus of the egg-cell. This being true, and it also being true that an *id* is an heredity bearing the influence of ancestry, the two sides of the new life become a unit of governing energy over the mass of their blended cell structure. As the nucleus is the vital part of the cell, being in some instances the major part of the cell itself, and as the *id* is the governing part of the nucleus, it would follow that the *id* is in control of the whole life of which it is but a dot, and this is true.

The origin of sex has been a problem for the solution of which many theories have been made and many experiments tried. In the early books we find the doctors of a century ago declaring that the female ovaries were sexed, the right being male or female, and the left the opposite. This was believed until, when one of the ovaries was removed, the mother gave birth to male and female offspring from the remaining ovary. The experience was repeated in a number of other cases, and the theory was abandoned. Then came the belief that time controlled the sex, that is, if sickness had ceased immediately before copulation, the sex would be male or female, some declaring that early copulation meant female offspring. But to-day there are breeders of cattle who believe that heifers, or females, are produced by late copulation, or waiting until the second or third day of heat. As female offspring are more desirable than males, in the cattle-raising business, where dairy animals are sought, it is of some importance to breed to such

end. Some success has been attained in this direction, but a careful examination of the facts involved does not establish the truth of the theory, although the results indicate that there is a principle at work in the process. Let us see if we can get at it. Before doing so, it is well to glance at the explanations offered in other directions. Thus far we have two only: first, the exploded claim that the right and left ovaries were male and female; second, the partly true theory that early copulation produces male offspring, and late produces female. The latter has been used the other way; but, as results have never been uniform, it has had no certainty.

The third of the sex theories is that of copulation preceding sickness resulting in females, and after in males. In these there may be the same principle at work. The fourth is somewhat novel, it is to the effect that copulation should occur on the second contact, in order to produce females, and greater success has followed this theory than any of the others. There are some cattle-raisers who follow the idea with results that seem to satisfy them of its correctness. Other suggestions have been offered in explanation of the origin of sex. It is our opinion that this whole question, whether the offspring will be male or female, is determined by the *ids*, the vitalities that carry heredity, and would naturally be supposed to carry sex, also. The *id* of the male parent is male; of the mother, female. One absorbs the other. If the male absorbs the female, the offspring must be male; and the opposite would be true if the female predominated. Science will eventually be unanimously agreed upon this point. The remaining question is, why does the *id* of one absorb the *id* of the other? In the first place, there must be union of the two, or life cannot begin. Disunion would not produce twins, but would mean death to the cells. Their life is dependent upon the unity of their union. Therefore, one must absorb the other. Now the question is, which one? And the answer must be, that one which has the most vitality. Here is the principle and the solution of the question. But what kind of vitality? The kind that invites the parents to each other.

Of all the experiments made along the lines of this subject, those that adhere closest to this last presented theory, are the most uniformly satisfactory; and yet this explanation might concur in some of the other theories. Late copulation, or that preceding

sickness, or copulation at second contact, would easily agree in part with the vitality-theory. Breeders of high priced thoroughbred animals are beginning to make use of it; while others have for years kept it a secret, to gain advantage over others. To prove it, let a male parent, after copulation in one case, attend others as soon after as possible; and, with the exception of the first, the offspring would be females without exception; unless some of the maternal mates were lacking in vigor. By exercising great care, breeding may be conducted on a plan of mathematical exactness; the only doubt being as to the result of the first copulation.

With human parents the result is somewhat in doubt on the first copulation after sickness, but on those that follow immediately, in ninety-nine cases out of a hundred the offspring would be girls. In other words, a girl-child may, by the exercise of proper care, be brought into being at will; while as to the production of a boy, the combination necessary, is first copulation after a period of rest, say for a week, and a vigorous vitality, exceeding that of the wife. The result will be a boy. In the great majority of cases, the use of rules is superfluous, as the offsprings are launched upon their career generally by accident; and almost always without intention. In such cases the sex must be the result of the same principle, left however to work out its own ends.

The production of twins has been a much mooted question; and a variety of theories may be found in medical books. The matter is a simple one. As there are double yolk eggs, so there may be double eggs in the development of a single month; and, as the male germs are countless, they could impregnate thousands of eggs. It is rare that two should descend the fallopian passage at one time, yet they have been known to do so. In still rarer cases, three, and perhaps more, might come together; and triplets, or even four embryos, might be nourished and brought into the world. It is all a question of the action of the female functions; a mere counting of the number of eggs that descend from the ovaries. Some women are so constituted that they go two months at a time; and both eggs descend; the result being that they give birth to twins, and never to a single child.

When will the process begin, or at what time of the maternal month will it be possible? The period is quite well settled at the present day, as eleven days after the cessation of sickness and two days before. Thus, if a woman is sick on the tenth

day and is well on the fifteenth, the fruitful days would be the eighth and ninth, as well as the sixteenth to twenty-sixth. A boy would, in nine cases out of ten, be generated when copulation takes place on the sixteenth and seventeenth days, and a girl on the other days; but the principle previously stated, merely coincides with the conditions of the days named. As a general rule, the egg passes out in three to seven days, after which it would be impossible to generate offspring until two days before the next period.

The egg is the receptacle for the male germ of the embryo.



Figure 31. The Ovary, or Egg-hatching Department.

In figure 31, the ovary, or place where the eggs are developed each month, may be seen. A is the fallopian tube; B is the ligament; C the ovary. Once about every twenty-eight days the egg, which has been growing for some time, is fully developed and is discharged. The wound made by the process heals up after awhile, and another place is subject to the same action; until, about the age of forty-five, the contents are exhausted. An occasional egg lingers until an extreme old age, when surprises may come in the form of babies delivered by mothers in the seventies. The egg is like that of a hen's, but without shell. It has its yoke and its white surrounding it. The size is so small that fifty of these eggs lying side by side, and touching, would occupy but a quarter of an inch, or twenty-five would extend for only an eighth of an inch. To understand the exact size, ask a jeweler to cut a piece of metal for you to the size of one-two-hundredths of an inch in diameter, which he can do by the aid of his eye-glass; then place this on a piece of cloth, and study its general dimensions.

What is this for? To enable the wife to know when the egg has passed out. This knowledge is the prevention of pregnancy, and has in it the element of absolute certainty. The egg has the appearance of a yellowish-red color, and is clearly visible to the eye, but must be once recognized in order to be detected.

In the large cities the physicians are educating women to this knowledge, and it proves a blessing to mothers already overburdened with the cares of maternity. One peculiarity is the fact that the egg passes away at a fixed time in the case of each woman; so that, when to look for it, is readily learned. In a majority of women it is the third day or the fourth, but a large minority retain it until the fifth, some until the sixth, or later, even to the twelfth or fourteenth day, though the eleventh is the outside limit, even in nearly all extreme instances. When observation has discovered the egg for two or three months in succession, the day when to look for it will be likewise ascertained for the future. After it is seen, there is no fear of pregnancy until within two days of the next period.

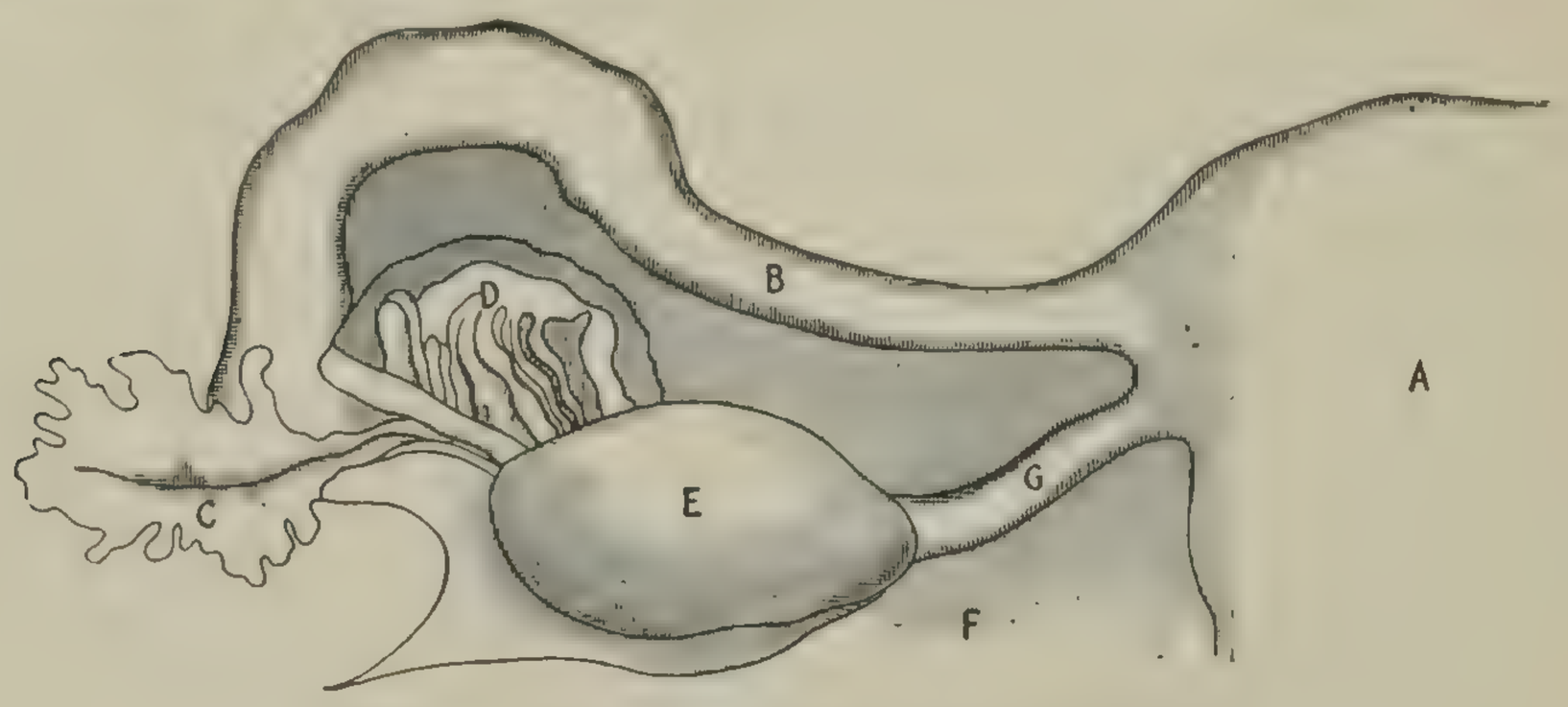


Figure 32. From Ovary to the Uterus.

In figure 32 is seen the whole apparatus for the generation of the eggs that descend from the ovary to the uterus. A is the latter organ, a part only being shown. B is the fallopian tube, through which the ovary must pass, one each month. C is the extremity. D is a flesh attachment. E is the ovary itself. F is the broad ligament, and G the corded ligament, designed merely to hold the parts in place. The length of the fallopian tube, B, is only four-and-a-half inches; and there is one on each side; both being of equal length. They alternate in their work. When one is destroyed, as happens by disease, the period is every other month. When the two are destroyed, or removed, the woman is barren. Some have endured the process in order to avoid child-bearing. The ovaries are seats of great tumors at times, requiring a severe surgical operation. These afflictions are due to impure blood, and the irregularity of the functions. They are best avoided by the régime, diet and massage presented in the Ralston books.

The origin of the child has been thoroughly discussed in this chapter; and the very latest science has been employed in answering the questions that naturally arise in every mind. The chapter should be read and re-read three times at least, in order to prepare the way for the next, or the consideration of the better understood history of the embryo from its inception to the birth of the living being, that has been thus mysteriously created. We do not believe that the egg of the mother carries the germ; but merely contains vitalized cells. We do not believe that the germ of the male is the child, but merely a bearer of an *id* whose duty is to unite with the female *id*, and from their union produce the first cell in the egg. This grows and divides, making two; each grows and divides, making four; and so on, as we shall see. The parents are creators. The mother actually creates the cells in the egg. The father actually originates the *ids* and their carriers. The effect of the union will be shown in the next chapter.

CHAPTER X.

DEVELOPMENT BEFORE BIRTH.

STIMULATED by its impulse to grow, which is said to be the most potent force in life, the germ that bears the impress of a new being goes on steadily to its climax. It takes the best for itself, and is impoverished only when it can find nothing of a high quality to feed upon. The time is accurate to a day; but, as the date of beginning is not known, the termination cannot be fixed in any instance except the rarest. Nature is remarkably regular when her processes are not tampered with. Attempted records in the case of human beings, are nearly always guess-work, for the reason above stated. The usual time, estimated at nine months, is nearer accuracy if placed at thirty-nine weeks from the last day of the last regular sickness. Yet there are considerations that may cause variation, which the most expert physician is not able to detect.

The origin of the child is the subject of the preceding chapter. We now suppose it to have become established and on its way toward full fruition. The mother is ignorant of the process at work, and is incapable of arriving at the knowledge even of its presence. Her very first intimation is derived from the omission of the regular sickness. This produces a strong impression on her mind, if she has been regular previously; and it becomes the principal thought of the days and weeks that follow; but if her courses have been delayed, she concludes it is nothing unusual to pass the date, and the matter receives no attention for awhile.

What can she do? Ninety-eight per cent of all married women dislike the thought of motherhood. If it is to be their first offspring, they fear the danger; if it is their second, they recall the pain, annoyance, inconvenience of the first; if it is their third, they wonder where this thing is going to stop; if it is their fourth, they say, it has gone far enough; and they are right. No woman should be compelled to bring more than four children into the world; and all who can, ought to be willing to do this much for

the reproduction of the human race; always providing that they are fit to become parents of worthy children. Ralstonism is opposed to the present custom of crowding the ranks of criminals, drunkards, ignorance and a low order of beings, with a multitudinous flood of offsprings, while those who are worthy to become parents decline to sustain their share in the peopling of the world. It is quite well known that persons who are too poor to live like human beings, are able to keep a dog and raise thirteen children, more or less; while the better classes find it inconvenient to become parents. They use their knowledge to prevent the increase of their own ranks.

The first condition of the embryo is one of mere multiplication, as may be seen by a glance at figure 33, which shows

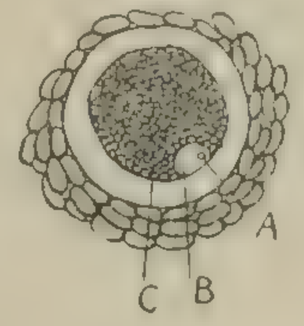


Figure 33. The Beginning of Growth.

the beginning of growth. The egg, a mere combination of cells, has received the germ of the embryo from the male parent; the *id*, or nucleus spot of each has united; and a union-cell has been the result. This is a much larger globule than the other; as will appear on a microscopic examination. Let the male germ be absent, and this new growth will not appear. It is the same with the ordinary egg of the hen; some are barren; others impregnated; and the difference may be easily detected when fresh, before the new cell-structure is begun; or, in a quite different way, when development of the embryo is in progress.

From this single new cell begins the story of the new being; and it is well to understand that neither the father nor the mother is the originator of the child. It is purely a union of the two, starting with no advantage on either side. The mother develops an egg, containing a million or more of cells, any one of which may receive the male germ; the father develops a vast quantity of germs, each provided with a carrier having power to swim to its mate, but the germ carried is a cell, with its nucleus and *id*. Both parents are creators; though the mother may be properly called the developer of the egg-cell; while the father

actually creates, or brings into existence, the germ of the embryo. They had an origin at some time and place, and their creation, even if it was the result of evolution, must have been traceable back to a miracle at some stage of their career; so that the exhibition of the power to create, by process or by instantaneous act, stares us in the face at every turn; and it is impossible to get away from it.

In studying the egg, one cannot avoid the most amazing admiration for the intelligence that soon manifests itself in the distribution of the multiplying cells. Let us understand this, if we can. Take a piece of paper, and make two little circles, in each of which a smaller circle is made, between the center and circumference, so as to be at one side; and in each of these inner rings a dot is to be placed at one side. One is the male, the other the female cell; they have an affinity for each other; they rush together and blend; the two *ids* cease to be separate male and female, but are now one *id*. The more vital having absorbed the less vigorous, and thus at the start decided the sex of the offspring. Draw this new cell, larger than its predecessors. Now, on another sheet of paper, start life with the new or combined globule, swimming in a mass of protoplasm, which is to sustain its existence. It is one, but grows; and breaks in two. This is certainly surprising, and disappointing; but it is the fact that confronts us. It breaks in two. If it did not, the child of maturest man would be a jellyfish. But you have two germs now, and what is to be done with them? Each one grows, then divides in two, and you have four.

Where is now the child germ? It is in all four of the new cells. They are not the old cells of the egg; as the latter have been resolved to a mass to serve as food for the new forms. The one *id*, blended from the male and female parent *ids*, reproduced itself in the two; then in the four. Now each of the four grows and divides itself, making eight. The power to do this growing and dividing is located in the nucleus; but the *id* of the nucleus determines what shall be the character and kind of life developed. We will soon see where the miracles of creation manifest themselves. There are two. The first is in the secret located in that *id;* for it holds the whole story of life; and furnishes the basis of many chapters in the high degree books of Ralstonism, *Higher Magnetism* and *All Existence*. The second is what is now about to happen, as we shall

see. When the four new cells have divided themselves and become eight, when the eight are sixteen, when the sixteen are thirty-two, and so on, until in a very brief time there are countless millions, all contained in the egg, now growing in the uterus of the mother, where it hangs clinging to the side or inner wall of that organ, then these countless cells begin to arrange themselves in a certain order.

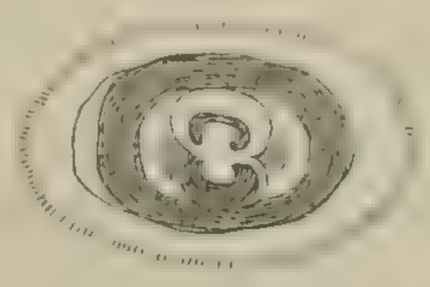


Figure 34. First Evidence of the Embryo, which Appears in About Twelve Days.

The mass takes shape in about twelve or fourteen days. Up to that time it is merely the yolk of an egg, reforming itself. Very suddenly, as we think, the resolution of the numerous cells is formed to resolve themselves into a definite shape. By comparing the above figure 34 with the preceding illustration, it will be seen that the latter is a general collection of cells, while the figure now before us is the same collection assuming the earliest outlines of the child form. This first evidence is quite small, as compared with the size of a child; but it is large for the egg, being about the size of a pea, which proves to be a sack to hold the future infant. The duties performed by this sack are great, clear down to the act of birth, when it is of enormous size. It breaking or bursting, then, releases the child; and its complete extraction afterward is of the greatest importance; and it is called the after-birth. It is the first to form, probably being in existence shortly before the embryo appears; and as a sack or covering, it serves to hold in or protect the fœtus, or child-form. Let this sack be broken, ever so little, and the fluid it contains, even at so early a period as twelve days, will escape and the life within will perish. It is this covering which, later on, criminal doctors seek to pierce in order to destroy the coming child.

The fluid within is quite thick, coming as it does from the egg-yolk. In its midst a certain opaque spot is present, hardly seen, however, in its surrounding fluid; and this is called the embryo. We have previously stated that the male messenger bears the germ of the embryo; now, for the first time, the embryo itself appears, as a dark mass, very small and having no shape. Nature spends her first two weeks in preparing the sack in which, for

thirty-seven weeks longer, the child is to live in a sort of floating existence. All is ready now. There are but two laws at work: growth and distribution. A problem steps in at this juncture. What is there in the nature of the cells which, as they multiply, causes them to follow out the laws of development? It cannot be the influence of the mother; for hens' eggs may hatch in incubators; and the principle is the same in human eggs, except the latter have no shell. There is one vast difference, however; the human embryo must be nourished every minute and hour from the blood, the nerves, the brain of the mother; and her influences are most potent in this period of pre-natal life.

Shape is quickly taken now, and the embryo is, in a week or nine days more, clearly outlined as the form of the child.

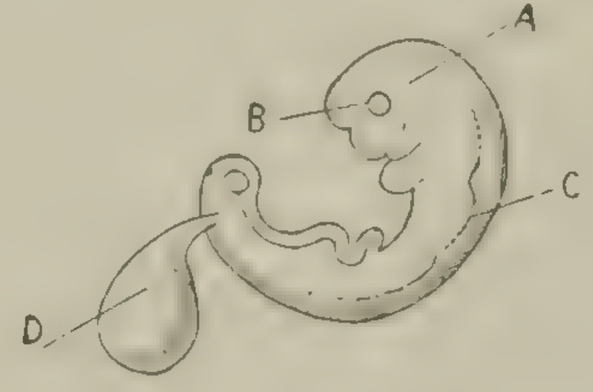


Figure 35.

The child when twenty-one days old resembles a large ant, one-third of an inch long.

A is the head.

B is the eye.

C is the cartilage, which is to be the spinal column.

D is an attached vesicle.

The opaque dot of the twelve days period is now a black ant, as it seems at a glance, a little more than a week later. This speed may be easily accounted for by a study of the rapid changes in insect life; or, if you will multiply one cell by two, then two by two, then four by two, then eight by two, and so on, doubling but twenty times, and you will have over a million of cells produced from one. As it requires but twenty steps to make this progress, as these twenty steps may occur in a few minutes, and as from each of these million, a million more may be produced in another brief space of time, we can readily account for the decided changes that appears in nine days. Some kinds of life, even smaller than this embryo, mature from a cell to a full-fledged existence, in less time.

The mother is without knowledge of what is going on. There is no way she could tell. It is too early for the symptoms of morning-sickness, or the cessation of the regular sickness, and a total lack of consciousness prevails, as far as this matter is concerned. The end of the period of twenty-one days is supposed to concur with the end of the primary month; thus, if sickness begins on the first day of a month, ends on the sixth, and copulation occurs on the eighth, the twenty-one days from the latter time would bring the woman to the period when she would naturally expect her next sickness to begin; but it does not. She little dreams that, within her own body, is another being, already twenty-one days old, a third of an inch long, shaped something like a big ant, having head, eyes, spine-cartilage, and a vesicle, and thriving on her own blood as heartily as any specimen of its size can do. She sews, works, reads, goes about her duties, quite oblivious to the presence of the little stranger. A day passes over her time and she does not know it; another, unnoticed; a week, and perhaps she wonders; then a whole month, and she begins to worry. Medicines are taken to assist her to her regular course, if possibly the delay is due to colds, damp feet, exposure or other causes of tardiness, and special drugs, designed to expel the stopped fluids, are poured upon the head of the quiet stranger, in the lap of nature. These hurt it, and will, in some way, mar its future. It lives and grows, and when its second month expires, it is a human fœtus.



Figure 36. The Child, Two Months Old.

We call it child, although it is termed the *germ* of the embryo when in its very earliest stage, then it is the *embryo* when it is growing into a separate existence apart from the egg on which it feeds, later it is called a *fœtus*, when the child-shape is apparent; and, finally, out in the world it is a human individual. We call it a child before and after birth. In figure 36 we see it at the age of sixty days or two months. The hands and feet are now distinctly

formed; the eyes are enlarged, and their presence is indicated under the skin, although there are no eyelids or openings; the ears have not yet put forth their external parts; the nose, however, is somewhat prominent; the line of the mouth is clearly seen; the heart is taking its shape as the organ that must one day drive the machinery of the whole body; the liver is very large compared with the other parts, and, most important of all, the soft pulp of the brain is collecting in the extra-large head. All these are thus far advanced in the brief space of two months.

When the mother reaches this period she is almost sure what is the cause of the suppression of her course. Still she has some doubt, and goes on doing injury to the fœtus by various methods. She should remember that every drug that reaches the place with any effectiveness whatever, although not sufficient to establish the end she seeks, is sure to mar the child and render the end painful. The agony of the last hours of the nine months is often chargeable to efforts made in the first twelve weeks of the course. Even if the little life she seeks to extinguish is not worth a thought to her, the abnormal conditions she invites upon herself are serious enough in some cases to impress on others the danger of following her example.

How may she know her condition at two months? There is no way. The doctor may advise an examination, but it will be a pretence at best. The morning-sickness may not have come on as yet, or if it has it stands one chance in three to be due to a bad liver. In fact, where the health is first class, with a clean liver, and no bile-odor in the breath, the mother never has morning-sickness. Of the Ralstonite women in the land, more than one-fourth pay ample attention to the health to escape the penalty of a sick stomach, and do escape it. Of this we have certain proof in abundance. It relieves the already burdened woman of a great annoyance. If one who has been uniformly regular for years should omit a date, the evidence is considered conclusive in favor of pregnancy, and that at once; unless, of course, some unusual circumstance has intervened, as a cold or shock. It is of the very greatest advantage to know the condition at the first or second month, for the mind and health may be put in preparation to make the event as successful as possible. Do not forget that there is danger in drugs; danger to the heart and life of the mother, as well as a sure guarantee of suffering at the end. We say this be-

cause there are so many mothers who dose themselves for a cold under a mistaken idea that they are not pregnant.

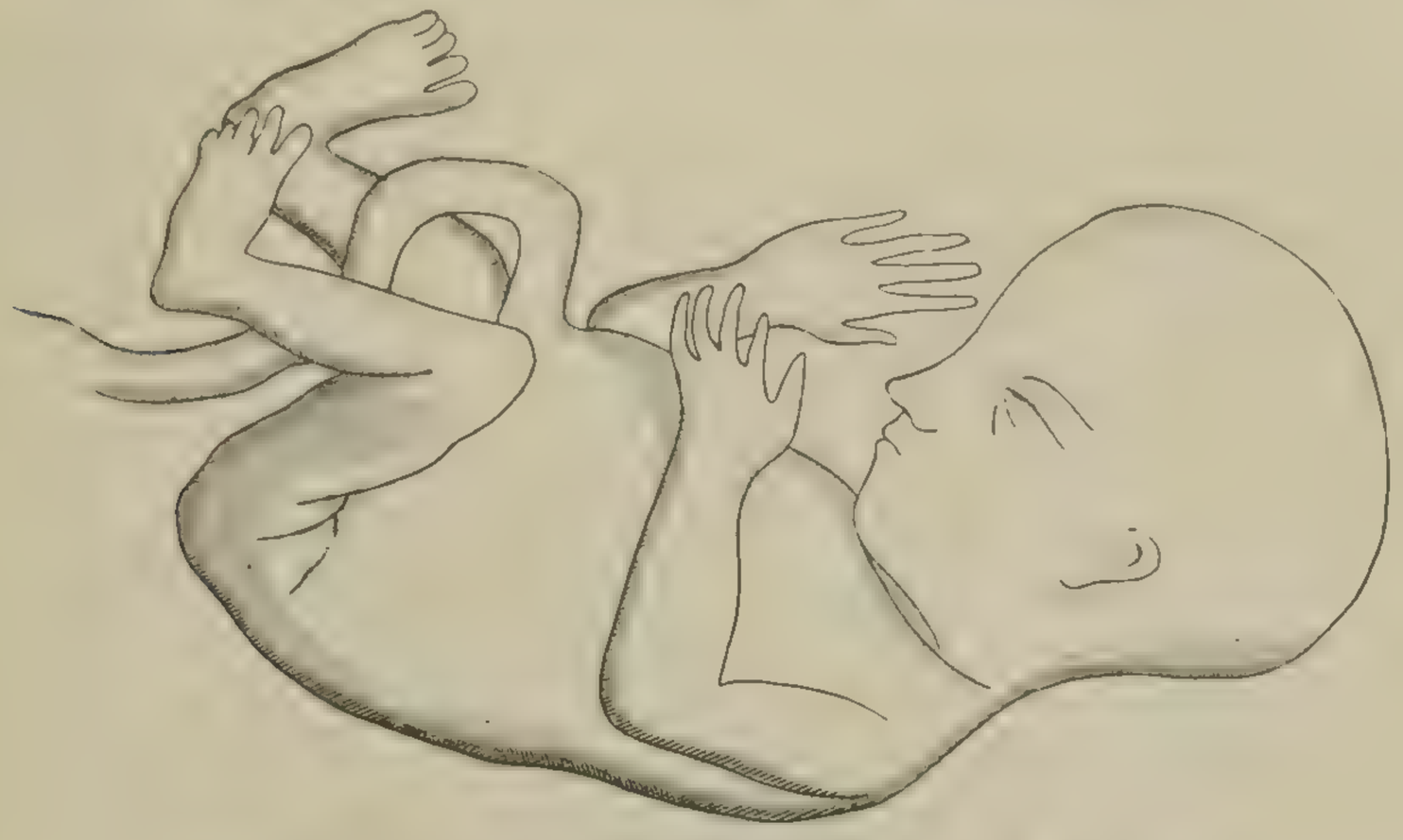


Figure 37. The Child-fœtus at Three Months.

A large leap forward in the growth of the child is taken at three months. There are many significant facts connected with its development, both inwardly and outwardly.

It is formed more nearly like a complete child.

The eyelids are clearly seen and are closely shut.

The heart can be seen from the outside, and its beating can be felt.

The feet have developed their toes and the hands their fingers, so that they are well defined.

The generative organs are formed and the sex, which was ascertainable before, is now quite prominent.

This little life is two inches long and weighs over two ounces. About seven of them would make a pound.

No mother need be in doubt at this period. If her health is not of the best, she will have had morning-sickness for some time. To correct this, either become a Ralstonite and live up to its very simple rules of diet, or else pay special attention to the course prescribed in one of the chapters of this volume, *Safety of the Mother*, relating to the preparation for the event. As soon as there is reason to believe that she is pregnant, it is her duty to herself and child to take steps to protect the health and lives of both, and every day counts something to this end. Lack of exercise, bad food, morbid thoughts and a narrow way of existence are sure to invite penalties more or less severe, as the time progresses.

A majority of the women who find themselves in this

way are inclined to hope that it is not so; and, yielding to suggestions from their own minds or others, they half wish that the event will be thwarted by some accident or design. A thought of this kind is unwomanly; it is treason to the laws of creation; it is a sin. Under the thin plea that child-bearing may endanger the life of the mother, many a physician has destroyed the unborn infant in the course of his honorable profession, and never a moment's loss of sleep ensued from the sensitiveness of his conscience. It may be safely set down as a fact, serious enough to command attention, that when the heart of the unborn child begins to beat it is so far a separate human being that to destroy it is close to committing murder. Just think of it! A child with eyes, ears, nose, mouth, feet, hands, all clearly defined and formed, and the little heart beating, to be killed because the mother cannot find it convenient to bring it into the world! Who will decide to take the life of this human being? Who will administer the poison or strike the blow? Every woman, however sickly, can make child-bearing safe by a proper care of herself, and thorough attention to a suitable régime. Sickness is never excusable when it is in the power of the invalid to get well.



Figure 38. The Child-fœtus at Four Months.

It is now eight inches long, or two-thirds of a foot.

It weighs half a pound, or one ounce for every inch on an average.

The liver, which has been excessively large for the proportion, now assumes a relatively smaller size.

The head stops growing faster than the rest of the body, and is said by some to get smaller.

The muscles are formed, and their powers of contraction and relaxation lead to a certain activity of the arms and legs, especially the latter, whereby the idea prevails that the child quickens. This is not so in fact. Each part of the body has had to take its turn in the process of growth. At three months the blood began to circulate, because the heart was ready to beat; and if there was any real quickening it occurred at that time, for the heart's action is muscular, and the heart itself is a muscle.

At four months, as shown in figure 38, the embryo is perfect, for which reason it has been called a fœtus at that time, and an embryo previous to the period of perfection; though many call it a fœtus at two and others at three months. For the reason that all the parts of the child are not perfect until it reaches the age of four months, and for the further reason that the motion of the legs and arms is not felt until then, the time when the muscular system is completed, various medical and legal authorities declare that the destruction of its life becomes a more serious offense under these circumstances, and less serious previous to this so-called period of quickening. We hold that the killing of the unborn child, at any time from conception to maturity, is a sin, the gravity of which should deter every person from committing.

Unmarried females sometimes find themselves in this predicament. Many are of criminal instinct; and moral influences are deflected from their natures as easily as solid shot glances from the armor plate it strikes obliquely. But there is a class of girls, some young and some mature, who are compelled to meet the alternative of open disgrace or private child-murder. Shall a pretty miss, in her teens, with friends and social influence about her, become the mother of a child born out of wedlock? or shall she employ her family physician to destroy it; and then resume her place in society; smile; be courted; win the love of a noble, but unsuspecting, youth; blush coyly at his first tender expressions of love and confidence; build with him dreams of home and its happy environments, like a picture exhaled out of the paradise of fancy, too pure in outline to belong to earth?

This is the story that is repeated every day in the year. This is what the innocent men are getting. Not that the male sex is purer than its opposite; for it is not. But the question is, Shall the pretty miss referred to go on to motherhood and bear a child without a last name? No weight of argument can convince the girl or her parents that the latter course is the right one; for the disgrace is too severe. It is true that the girl should realize the enormity of her offense in falling into the situation; but, once there, her duty to nature and her accountability to God require that she let the offspring come into the world. What, bring a fatherless child into being, when it may be murdered so easily, and no one know it, except ourselves and our family physician? Why she could never look her baby in the face without turning purple with mortification! Yes she could. Once the love of that little, helpless, innocent child is wrapped about its mother's heart, she will dwell in a world all her own; and her life will teem with happiness in proportion as she does her duty by the offspring she has borne. But what about that illegitimate father? God will take care of him. In darkness or light, waking or asleep, living or dead, the father of the human being that must grow up under the stigma of shame will not escape the eye of God, nor evade the black-winged vengeance of outraged justice. Over his head at night a pair of demon eyes will pierce the cover of his sleep to haunt his mind with hideous dreams, and fever spells of fear. At his back by day a silent monster will, in stealthy steps, dog his every movement, and, with uplifted arm, aim a bloody dagger at his throat; and over his grave, when his wretched life is done, the pall of dishonor will stand in mute testimony of the miserable being rotting among the worms beneath. The man who dares to blight the life of an innocent child, by the life-long disgrace of illegitimacy, is worse than the offender whom Christ denounced. The rule for the mother is, first and last, without hesitation or even thought to the contrary, to bear the child; let it come into the world. This rule can have no exceptions. The rule for the father is to make the child legitimate. This can always be done, despite the strongest obstacles. These problems are discussed at this place; for it is at about this time that these serious questions arise, and the alternative must be met. Of the two courses open to choice, there is but one that is wholly right, while the other is wholly wrong.



Figure 39. Child-fœtus, Five Months Old.

Length, about ten inches.

Weight, about one pound.

As the child-fœtus was perfect at the fourth month, it is not expected that there will be any change, except that of growth. The muscles are quite prominent; and the little bit of humanity loves to kick against the side of its compartment. These kicks are so vigorous at times, that the motion is perceptible to the eye; in some instances objects have been sent from the mother's lap to the floor.

There are recorded cases of infants being born at five months; and claims are made that they lived and grew up. Taking pattern after the lessons taught by hen-culture, some enterprising inventors have provided an incubator for developing a child-fœtus, even less than five months old. Experience teaches that seven months is practically the limit at which an infant may come into the world with a reasonable expectation of surviving. Some mothers, from previous mishap, are not able to carry the burden longer than four or five months; and regularly lose, at this period, every child they have. It is said that two cases following each other at the same month will establish a habit of regular loss.

Accidents easily destroy the hope of maturing the fœtus; and every effort should be made to avoid them. One mother, by the severe straining of an ocean sickness, lost the child at five months; another slipped upon an icy sidewalk with the same result; another strained the internal apparatus by lifting a heavy

package; another slipped on a stair; another was thrown from a carriage; and so on, through a long category of mishaps, resulting in a violent wrenching of the muscular system which holds the growing fœtus in place.

The mind also is of strong influence over the life of the child; and particularly so at this time. The mother is easily tempted to give way to fits of despondency, or to misgivings as to the culmination of the matters now in progress. She is quite easily irritated, and her temper may mark the child in some way. There are women who are ordinarily of gentle disposition and loving ways; but, when in this condition, are apparently unable to control themselves, flying readily into fits of passion without adequate cause. Of course it never happens that things go smoothly, even under the nicest regulation; and constant guard is necessary over what is done, said and even thought. In the condition referred to, it is true that the nerves are easily unstrung, for a burden of great taxing power is being carried, and the drag is severe on muscle, nerves and patience. Yet, admitting all these things to be true, it is also a fact that woman is constituted to bear the unusual strain, if she is in sympathy with the duty devolving upon her. Violent temper at such a time means a low grade of insanity; and possible mental trouble in the child also; for the latter is strongly affected by the mother's conduct.



Figure 40. A Child-fœtus, Seven Months Old.

Length, fourteen inches.
Weight, three pounds.

The body was complete at an earlier stage, as will be seen by reference to previous illustrations. Since then it has been growing, adding to its weight, developing its muscles, and preparing to sustain its life out in the world.

At seven months its finger-nails are well formed.

At this age hair may be distinctly seen on its head.

All its bones are completely formed; and, though of cartilage, they have strength and resisting power.

A child born at the age of seven months from the germ of the embryo, can breathe, cry, and suck. It is thus prepared for life; but nature, intending to give it greater care, prolongs the time, and allows it to live upon the parent; until, ripening like a fruited nut, it bursts its shell and forces its way out into the great world. To those who regard an unborn child, even close to the termination of the nine months, as something less than a human being, to destroy which is not a crime, the great fact that it is a perfected member of the race months before, should serve as a warning.

A married lady who will read the pages of this book, a woman of prepossessing appearance, was born at the age of seven months from conception, and weighed but two-and-a-half pounds. She is now tall, though not stout, and as fully equipped for existence as though she had been a nine-months' child.

Length, about eighteen inches.

Weight, six pounds for the minimum, or smallest average.

Eight pounds is considered the average of heavy babes at birth.

Some exceed ten, twelve, or even fourteen pounds; but eight pounds may be regarded as a heavy child. Few children remain overtime; some by reason of unusual growth, others because of a lack of vitality which is necessary in order to assist in the ripening of the fœtus, the bursting of the sack and the expulsion of its contents.

The earliest step in the change from promiscuous cells in the egg, to an array of these globules into definite shape, is accompanied by the building of a sack which must serve as a protection to the embryo and fœtus all through its period, and what is best known in nature as ripening, occurs when growth no longer means anything, and sustained tissue begins to dissolve and break. This maturing of life is the object toward which all existence tends. There is nothing that does not ripen, and this is an argument for

human death as well as human birth. The sack has thickened and grown, in about the same proportion as the being within has progressed. This covering, while not having life of itself, is a mass of vital flesh, serving as the great protector of the precious burden it surrounds. If it is injured, the fœtus dies. If it is pierced by ever so small a needle-point, so that the penetration is through its wall, it gives up the fight, and its faithful service can no longer guard the object of its presence. In every city and town, there are



Figure 41. A Nine-months' Child-fœtus.

heartless scoundrels, women too, among them, who possess sharp instruments, made purposely to cut into the sack, go beyond its walls, pierce the body of the human being within, and kill it as an Arab would murder a wayfarer, for money. If there is virtue in public sentiment, the abhorrence of this practice, and of the devilish scamps who pursue it, should become so pronounced and widespread that the barbarism of child-slaughter, now known as the social evil among the fashionable classes, should be made an impossibility.

CHAPTER XI.

IN THE HOUR OF PERIL.

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NATURE'S process at birth is perfectly safe. This is the 19th Ralston Principle. It requires that nature be not hampered by her weeds, nor interfered with by artificial methods. The bringing into the world of a child is woman's most anxious transaction; an event that, to her, outweighs all other acts and duties in the calendar of life. As the thought takes possession of her that she is to become a mother, all else fades into insignificance; the history of the world, its great battles, the making of nations, all pale before the one performance by which another human being is to be added to the population of mankind.

There are four considerations always present in her thoughts:

First, will the mother survive?

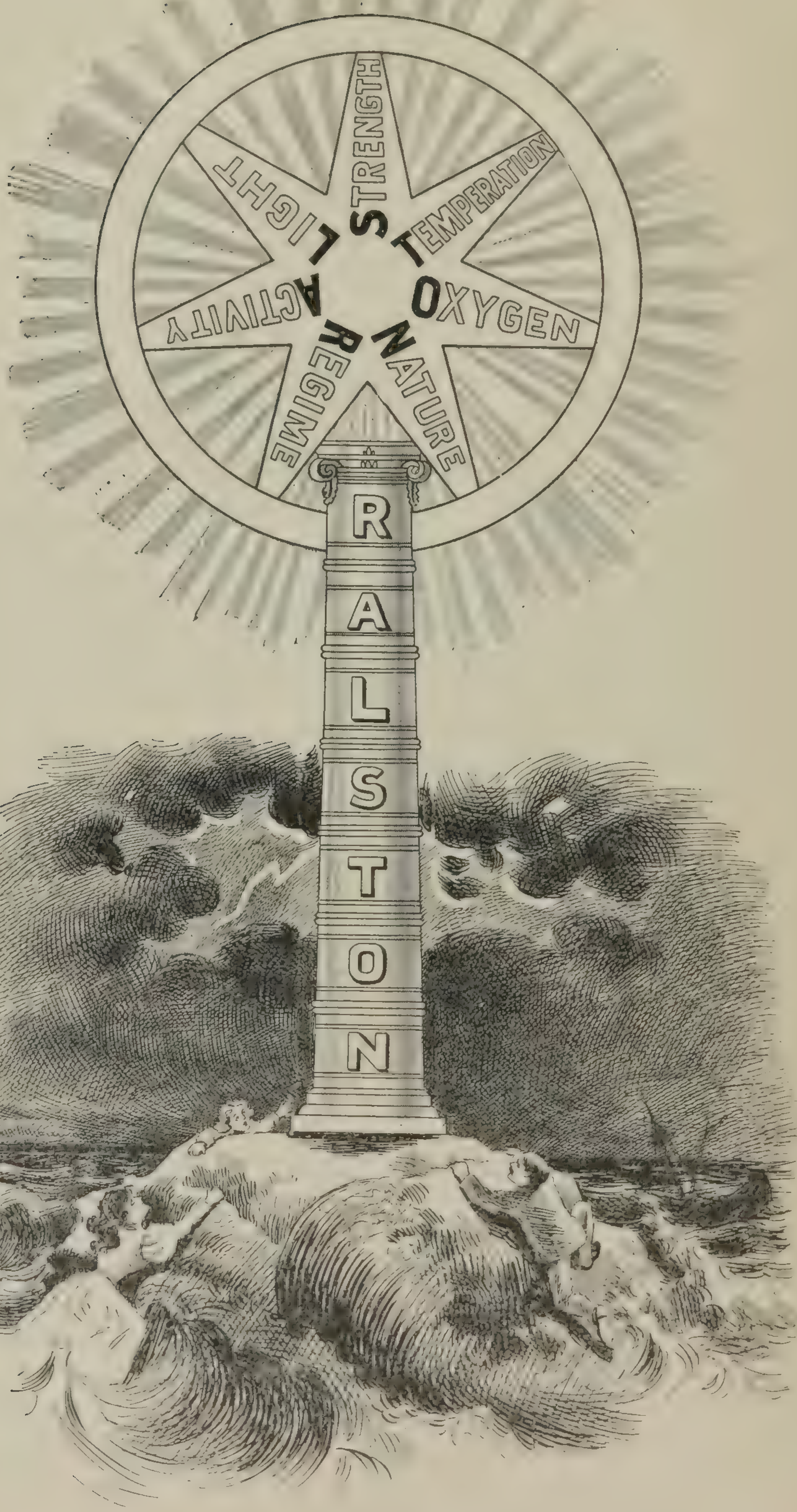
Second, will her child live?

Third, will her general health be affected?

Fourth, will the child be a normal and healthy one?

Under the first consideration, the prospective mother imagines that her life is to be put in jeopardy, especially if the offspring is her first; or, else, she dwells upon the long hours of suffering, and the pains that she must undergo. She has been told that other women have been from twelve to twenty-four hours in severe labor, and that their cries and screams have been heard out on the street. She herself has personally known of one woman who has died in the very act, and of others who have survived it but a short time. On the other hand, accounts of great ease and shortness of time have led her to hope that she is of the latter class.

In the course of development she asks a thousand questions bearing upon all the phases of her case, and these seem to multiply by force of her imagination. All fears may be placed in


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two divisions: first, those that are founded on normal conditions; second, those that are founded on abnormal conditions. The former are groundless, of course; but, as all mental processes help or mar the life of the child, it is of advantage to know what the outcome will be, and to suppress the fears accordingly. It is not good judgment to be fearless and brave, while taking no precautions against danger. One of the most careless of women, recklessly awaited the crisis, and died in it; she was accounted courageous; but her total disregard for the simple necessities of the case caused her death. As we shall see, in the care of babes and children, the mortality that is usually charged to the chastising love of God is but the ordinary result of stupidity and guilty ignorance.

The special anatomical construction of the body, bones and muscles favors some women, and operates to their danger in others. By another grouping we find four classes:

First, those who are built for easy child-bearing in normal conditions.

Second, those who are built for easy child-bearing in abnormal conditions.

Third, those who are built for difficult child-bearing in normal condition.

Fourth, those who are built for difficult child-bearing, but find themselves in abnormal conditions.

The first class has nothing to fear, not even the pains that are natural to the transaction, except in minimum degree. We shall see in the present chapter what is meant by normal conditions. The instances are well authenticated of women in their sleep, giving birth to babes, and without knowledge of the act; of others, in railway stations, trains, crowded streets, or public places, bringing children into the world with hardly an apparent concern in the matter; and of still others who have become mothers while traveling on foot, taking their offspring with them as they renew the journey. It will be said, in answer to these cases, that the women were toilers, hard-working and active. If so, then there is a law of nature involved in the answer. Activity invites easy child-birth, and there are many reasons why it should do so.

The build of the body, as it is called, has much to do with the exit of the child; but this construction, while assumed to be located chiefly in the bones, and their size and shape, is more

often due to muscular development, muscular sluggishness, stiffness and contraction. It is a very good law of anatomy that what is due to bone construction cannot be easily changed, but what is due to muscular construction may be varied almost at will. For instance, to take an example from that part of the body which is most frequently seen, the face, where the bones are ill-shaped and ugly, but little can be done to modify their hideousness, and some persons are compelled to go through life with faces like crippled potatoes; but where the ugliness is of muscular formation, it is always due to bad character and bad nature, and is without excuse. Such faces may be bettered, and are bettered, by the cultivation of a fine disposition. Beauty may be made to grow where now the rankest plainness mars the countenance. It is the same principle, that of cultivating the muscular formation, which is of extraordinary value to the mother. It is wrapped up in the one word, activity.

Abnormal conditions are those of mind, food and muscles; let these prevail in a body that is built for easy child-birth, and some malformation will follow. That is, let the muscles become sluggish from lack of activity; let the food be improper; let the mind indulge in fears, sensations, fright or other distortions of thought, and no matter how kind nature has been in the making of the body, the offspring will suffer, from the time it first breathes until death closes its lips of protest against such gross injustice, even through the years of maturity and age. We thus see that nature must not be hampered by the gross character or methods of the woman.

Difficult child-bearing, in normal conditions, is always perfectly safe; and as the conditions are controlled by the mother, she has herself to blame, after being made aware of the duties devolving upon her. By difficult is meant that her body is close-built, and that nature is not given the freedom of action necessary to carry on her functions properly. This is the third class referred to. It embraces the great number of women who are arbiters of their own fate; who, by indifference or by not knowing what to do for themselves, allow their condition to become abnormal, and so bring on terrible suffering and death. Yet let them maintain proper habits, and nature will do her work easily, speedily and well.

The dangers to life and comfort are all found in the fourth class; those who are built for difficult child-bearing, but

who find themselves in abnormal conditions. In this class are found all deaths of mothers, all deaths of babes, all cases of excessive and excruciating pain, all prolonged labor, with its anxiety and suffering, and all diseases that are entailed upon parent and offspring, with their attendant dangers. Two essential elements conspire to bring about the troubles; one is the ill-formation of the body; the other is an incorrect method of living, for all abnormal conditions come out of the latter cause. The power to avert this danger lies with the woman; if she ignores it, and nature is kind to her in bodily formation, the child will be a discredit to the race; if she ignores it, and nature has been unkind to her in bodily formation, her life and that of her child will be imperiled.

It is to furnish knowledge, where lack of it may dwell, that the present volume is prepared. It is to take away the excuse of ignorance, the cloud that relieves millions of women from their personal responsibility to their Creator, that this book has had its birth and goes forth upon its mission. It will eventually find its way into every home in the land, where life is held dear; it will lay bare the truth as it is in nature, and as it goes onward into the lives of those who have suffered or may suffer, its coming will mark the line where accountability begins; for it says plainly that the death of the mother at child-birth is due to lack of knowledge; that the death of the child is due to ignorance; that the pain, the anguish, the torture of hours upon hours of labor, are due to not knowing what is necessary in order to prepare for so great an event in woman's life. Remember that it is in the fourth class that the dangers occur, but that it is in the second class that the monstrous results are found. The latter burden the offspring all through life, the former are immediate in their chief evils, though often marring mother or child for a lifetime.

There is but one remedy, and that is the application of the laws of nature to the physical condition of the prospective mother. It is hard, in the few hours or days preceding birth, to mold and prepare the body of the parent so that abnormal conditions may be changed to normal; that need scarcely be hoped for. But, beginning in the earlier stages, the woman may control her fate, may make the transaction easy, may bring into the world a perfectly healthy child, and make herself a better condition of health by thus paying this debt she honorably owes to the world. What she should do is the subject-matter of the next chapter.

CHAPTER XII.

SAFETY OF THE MOTHER.

PREPARING for the event that occasions so much concern, is a far more logical thing than attempting to make patchwork out of disaster. It is generally too late to reverse conditions that are ominous; but every day has a value, even where hope is small. A well-formed woman of twenty-six summers, of sunny disposition, of bright mind, of excellent physique, and of apparently perfect health, was married under circumstances that promised a happy marriage lot. In a few months she knew that the most honorable of womanly duties was devolving upon her, and thereupon she adopted a seclusion that was prompted by foolishness. She remained in doors, ate as she pleased, lounged about much of the time, lay abed late in the morning, and simply waited for the time to come. It came, and with it a protracted period of suffering, lasting thirty-two hours; and shortly after its termination, she closed her eyes as in sleep and sank to final rest. Her death was but the penalty paid for neglect. It could have been averted as surely as loss of life may be spared by stepping aside from the track on which the train approaches.

With due respect to women who are prey to whims of appetite and intense cravings after this or that kind of food, that must be had or dire results will be visited upon the child, we will say that a reasonable amount of sense is necessary in diet, if the flesh of mother and child is to be made clean, healthy and vital, so as to render birth brief and comparatively painless. It must be understood that the babe is to be a fully animate being, not a half living, sluggish lump of infancy dumped into the world with a sleepy unconsciousness. It must live, have vigor, show vital energy and aid materially in its own transit. Of all dangerous births, the most to be feared is that in which the child takes the least part. Now all this vigor is made by proper foods in the diet of the mother for the months previous. And her own vital condi-

tion is likewise established. In other words, what a woman eats has much to do with her own safety as well as that of the offspring.

Whims and cravings may be suppressed, at least in a very great degree. It is one of the gratifying facts in this line of investigation that the woman who has the best health of body, the most sensible mind, and the most evenly balanced nervous system, is free from whims and cravings; entirely and absolutely free. Many such women have been reported from reliable sources. Against this desirable combination are the others, possibly in a large majority, who have a semi-insane passion for lettuce to-day, bananas to-morrow, ice-cream the day after, beefsteak the next, and so on, generally striking a time when the things wanted are out of reach; and being assured that the child will be marked, if the articles are not forthcoming. It is true that certain strains or shocks to the nervous system may mark the unborn child, but the supposed markings are due to other causes. Thus the familiar beefsteak appearance of the face, a purple hue, always ascribed to the inability of the mother to acquire a certain steak on a certain occasion when a sudden and uncontrollable passion for it took possession of her, is, in fact, due to blood poisoning; and sometimes probably caused by a too heavy meat diet.

It must be remembered that many fatal accidents have been caused by tainted blood; many children have lost their lives by inheriting this trouble from their mothers; women have fallen victims to the poisoning of blood; and, after the babe has come into the world, mothers have flooded to death by loss of the vitality that had already been reduced to its minimum. It is undoubtedly true that the human stomach is made to digest animal flesh; but there are times when the meat diet may be lessened to the advantage of the health. A mother, about to bring into life a being whose welfare is largely in her keeping, should become familiar with the law of meat assimilation. It is this: the flesh of the steer is the best; of the ox, or cow, the next best; all called beef. This meat is to animal diet what wheat is to vegetable diet; the staff or standard. Beef is not made from beef, or from meat of any kind; if it was, it would be unfit for food. The stomach of cattle will not receive and digest meat. The hog is adapted to either kind of food. Let it be fed exclusively on vegetation, as grain, nuts, and green food, and its meat is always palatable and semi-healthful; especially after a few generations of such care.

Milk detracts slightly from this value. Meat fed to swine destroys the value of its flesh as food; let any person eat of it, and the blood will show taint. Carry the experiment farther; give the swine more meat; let the pork from such swine be eaten in greater abundance, and the human flesh will become dark, flabby, soft, full of sores, and half rotten. Pork is partly meat fed in some sections of the country; and it is a matter of uncertainty what kind is eaten.

The principle is this: the meat of grain-fed animals is in equipoise between good and bad, and is most vital for such reason; but the meat of flesh-fed animals is semi-rotten, and all flesh so produced is tainted. Apply this principle to the human body and we find that the human flesh produced from grain and other vegetation is in the equipoise of health; but let it be made from meat, and it becomes tainted and easily a prey to disease. Now take the third step, and we have the following result, as seen in the incidents stated: dogs fed upon a vegetable diet are, in three generations, fit for food as meat; dogs fed largely upon meat go mad more readily; dogs fed upon meat of flesh-fed swine or other animals, break out in sores and die of black blood. The more meat a mother eats during pregnancy, the darker her blood becomes, and the darker will be the blood of the infant; the darker the blood, the more sluggish will be the vitality; the more sluggish the vitality, the more difficult will be the child-bearing.

We are not advising a purely vegetable diet; for nature decrees otherwise. The use of meat is a firmly-established habit. Its danger is in its fiber, or string-tissue; let this be emptied of its contents as obtained in slowly-cooked soups and broth, and the fiber thrown away, and the meat question would settle itself; not merely for mothers, but for all persons at all times. The best, cleanest and most healthful forms of meats, are in milk, butter, buttermilk, new cheese, eggs and honey. All these are produced from animal life; and next to such grains as wheat, barley and corn, are mankind's choicest foods. After them come fresh fish, then beef, lamb, and fowls. Veal is not so good, especially when milk-fed altogether, as milk is meat, and the danger to the blood is increased. Meat is intended by nature as a makeshift, a sort of second best.

The diet of the mother should, during pregnancy, be limited in such foods as will make child-birth dangerous and painful;

and extended in such other foods as will increase the vitality of child and mother, reduce pain, and hasten labor. To accomplish these purposes, we shall present a list of eatables that may be used in a general way ; and add a specific diet for more exact guidance.

GENERAL FOODS.

Some of these are not relished by all ; but a selection may be taken from them, if used in combination. Some foods, like rice for instance, cannot be taken alone without detriment ; yet, in combination with others, are exceedingly valuable. The mother, carrying an unborn child, should eat daily, every day of the term, some of the preferred grains, and some of the preferred fruits. In dividing the articles of food, we would suggest the following arrangement, though it may be varied at will :

Breakfasts to be full meals.

Dinners at noon, not in the evening.

Suppers between six and seven in the evening.

Breakfasts to consist of preferred grains with other things.

Dinners to consist of rich meat soups with other things.

Suppers to consist of bread, rice, fruits and some form of custards at times.

If meats are to be used they should be had as follows : for breakfast, a small piece of beefsteak, with outside edges cut off ; cooked until the red center begins to turn brown, yet shows red; for dinner, meat soup, prepared in cold water and allowed to come to a boil very slowly, then thoroughly cooked ; or else meat stew, avoiding the meat fiber ; for the evening meal, no meat at all. Beef, lamb, fowl and fish are the preferred meats in such cases.

SPECIAL FOODS.

What is eaten previous to the third month is of less importance than what is taken after, although at all times a good Ralstonite will observe the rules of health stated in the Book of General Membership. About the third month of pregnancy care should begin, with the resolution to follow it to the end. The meats preferred have already been detailed in the preceding paragraph. The grains in their order of value are as follows :

Whole wheat with bran removed. For morning it is best as a breakfast food, all prepared for cooking, the coarse part, or bran, carefully taken out. Several flouring mills are so preparing wheat, among them is the large concern of St. Louis, Mo.,

Robinson, Danforth & Co., of Twelfth and Gratiot streets. The reason why wheat is the best of grains is because it contains all the elements needed by the human body, and in the proportions required. It is a marvel of creative wisdom. It seems to stand forth as a proof of the purpose of God toward man. Contrary to this purpose, which is almost a miracle in itself, is the method adopted by the fancy flouring mills of the country by which they make the flour as white as possible, and to that end use the starch and cast out the valuable food elements. It is this excessively white flour that is the cause of so much stomach derangement in the present age. At any event, the mother having to eat for herself and her unborn babe needs the food as God made it to grow, and whole wheat is her greatest blessing. Next to the breakfast food is whole wheat flour; a few first-class mills, acting under advice of leading physicians, are making this flour with special care, notably the Topeka Milling Company, of Kansas, using selected wheat. The white flour made by general mills is not only weak by reason of having its value taken out, but is almost always adulterated with chemicals, alum, white earth, and various ingredients to increase its whiteness for selling purpose. No better rule could be adopted than to avoid white flour altogether. The dark is the only pure. It makes a deliciously rich and nutritious bread. In former days, before the Ralston Health Club had compelled the public and the mills to take notice of the wrong methods used in making flour, the millers aimed to produce a whole wheat flour by including the shell or bran, and this they called graham flour, but it was and is to-day an unnatural product, although bran is valuable for the dust of phosphate that clings to it, and that will come off in warm or cold water, and is used as a drink. Bran should never be taken into the stomach, as it is an indigestble shell, therefore graham bread is not good.

While bread is the staff of life, it is not all that is desired, for a change is advantageous. Yet, whole wheat flour, containing as it does, all that the body requires in exact proportions, is bound to be in the future, as it was in the past, even in Biblical times, the larger part of mankind's food. It is fully seventy or eighty per cent. It may be prepared in various ways. Potatoes are also valuable, when taken with whole wheat in any form. The best form in which to cook potatoes is to mash them, mixed with milk, cream and butter, or part of these, and properly seasoned.

Next best are boiled, baked and stewed potatoes. Avoid fried potatoes in every form. Here we have the two leading staple foods—whole wheat and potatoes. Any person could live and labor hard on this diet every day in the year, except that variety is more tempting. The choicest steak contains no more and only part of what is found in wheat.

The evening meal should be one that would induce sleep and quietude of the nervous system. It is important that while the mother sleeps the child should have the benefit of that period of rest, for it grows only when the mother is sleeping. Meats and heavy foods at night, keep the nerves active and the muscles twitching, by reason of which the child is deprived of its vitality. Rice is the best sleep producer in the line of foods. Of itself it is not capable of supporting life, but taken with other foods, in proper combination, it is capable of affording peculiarly valuable effects. It is necessary to keep in mind what results are sought. Thus, if the gentlest of dispositions for refined life were sought, rice and fish, taken four or five times in the list of twenty-one meals a week, would produce the end desired, all other things being equal. Rice of itself will dull the mind and nerves. It is a wonderful sleep-producer, if taken alone. Its effects are quieting on the mind, and gentle on the nervous system; yet one awakes in the morning refreshed and vigorous. The reason of this is because, inducing sound sleep, it enables all the functions of the body to heal from their strain of the day preceding.

The strengthening foods, such as the heavy grains, and meats, if used, should be taken at morning and at noon, but never at night.

FOODS TO AVOID.

In the condition mentioned, it is necessary to avoid the following injurious articles of food:

Avoid fried potatoes, fried cakes, doughnuts, crullers, pie crust, cakes and fancy puddings.

Avoid pork, veal, corned beef, or pickled meats in any form; canned oysters, shrimps and lobster, or any meats in cans. If neuralgia is severe, a diet of whole wheat in the form of breakfast food, and cold boiled ham, mostly fat, laid between slices of whole wheat flour bread, will relieve the pain, unless very great, in which case, almond nuts, slightly browned, furnish a natural remedy. Fat ham is recommended by physicians to-day in cases

of neuralgia; as it seems to be more reliable than any other means of cure. Of course the use of pork is contrary to Ralstonism; but the fat of any meat is free from the objections usually arrayed against it.

VALUE OF FRUITS.

Ripe fruits, palatable to the taste, are of unusual value to the prospective mother. They are great eliminators; that is, they throw off from the system much that cannot be got out in any other way. They keep bones and muscles free; as the chief duty of fruits is to prevent old age matter from clogging the system; and the parts from becoming stiff and immovable. Fruits are deceptive in their value; when thoroughly ripe and relishable, they can be eaten as long as the acids of the mouth do not reject them; if not ripe, their little cells are indigestible, and pass through the stomach and along the canal doing damage as they go. Apples, when thoroughly mellow, are among the best friends of the body; yet, if slightly hard, they cause derangement and lead to catarrh of the stomach and intestines—as do fried food particles that cannot be readily digested.

The rule of fruits is thorough ripeness, mellowness, and palatability; avoiding the softness that indicates decay. The poorest economy is that which cuts out a spoiled part of fruit and uses the remainder, in the belief that what does not show decay is free from it. The whole should be rejected. Cooking produces mellowness; yet to cook green and sour fruits until they have been made relishable by fire and sugar, is not advisable. Nature should ripen, and cooking may then mellow the fruit. There are all varieties of this excellent article of food procurable in the United States and raised within our own domain. From Maine to California every state has some share in the gift of fruits to her people. Florida contributes a large annual quantity, and a much better quality than the imported rivals of her line.

California in recent years has done so much to provide the table with luscious and palatable fruits that she may be called the banner garden of earth. For variety she has no end. For flavor, beauty, high quality, and tender richness, her fruits are not only the equal of the best products in the circuit of the globe, but stand unequalled in many of the most healthful kinds. More than this, they may be had in any village, town or city in America,

in a state of freshness as though taken from the orchard and placed at once upon the table. Until within a few years, we were compelled to import our most delicious fruits; and that habit still clings to-day. It is un-American to buy a less valuable article abroad, when its superior is obtainable in our own country. The dried fruits, and all importations, should be discarded. Dried grapes, raisins, figs, prunes, dates, plums, oranges, bananas, and all that are raised under other flags are inferior to American-raised oranges, pears, apples, grapes, plums, peaches, apricots, and cherries; all delightfully wholesome when fully ripened. The era of health may well be said to have dawned.

Now what is the value of fruit? It performs the duty of elimination. It travels through the body, from skin to center, through every fine channel and vein, keeping course with the blood, picking up particle by particle of impure matter, especially old age deposit which is found even in children, and carrying all these out of the system. It is distilled water, made and preserved by nature, but having some decided advantages over the distillation made by boiling, which is in itself better than ordinary water. The chief property of distilled water in the system is to prevent stiffening of the bones and muscles. This has been stated in a more elaborate way, with attendant illustrations, in the Book of General Membership of the Ralston Health Club. Distilled water is really an absorbent vapor, exerting great solvent powers; so great, indeed, that a quart of it daily might prove too active, and make the bones and muscles too pliable. Rain water is distilled water; taken up into the clouds as vapor and there condensed and dropped to the earth; if caught before it falls into the ground, it is better than the artificially made distilled water, but not so good as fruits. It is a great absorbent; so if it stands long in any place, it attracts foreign matter until it falls to the par of common water. Fruits have their water held in, and are therefore protected. To prevent loss and change, the canning and sealing of fruits are excellent measures. The fear that canned goods are poisonous is generally groundless; and entirely so as to corn, salmon, and fruits. Some of the best grades of these are better than any other food of this kind that can be eaten. A prospective mother who can afford it, should take pleasure in laying in a case of each of the preferred fruits in cans; always getting the very best, as they cost much less. Those fruits that are perfectly wholesome in cans are apricots, pears (not

mushy), peaches (not hard nor mushy), and white cherries. Let us now examine the reason.

The dangers of child-birth are increased in proportion as the body, bones, muscles and flesh-tissue become stiff through inactivity, or clogged by old age deposits. The latter are calcareous and chalky in their nature. They make the bones larger and more clumsy. They stiffen the muscles. They clog the blood-vessels and the finer tubes through which all life must flow and reflow a thousand times daily. As these fill up, the functions are carried on with greater difficulty, the bones harden and lose their flexibility; and the body is totally unprepared for the great event. That which is most needed to make child-birth easy, is flexibility or pliability of bones and muscles. Fruits, or distilled water, aid to accomplish this chief purpose.

Activity is fully as necessary as attention to the diet. It is suicidal for a woman to rest, to lounge about, to avoid self-exertion. The first two months are times of doubt; but when the fact is established, the mother must begin to add as much as possible to the activities of each day, avoiding strain or overtaxing her strength. A walk out of doors of one or two hours, or gentle exercise, something like that prescribed in Ralston Physical Culture, but always quiet and free from attempts to display great strength, are necessary. In the third, fourth and fifth months, the amount and energy of exercise may be increased; but jumping or sudden movements are not safe in ordinary cases. As the time approaches, the exertions should be made less. The hard working woman has nothing to fear, if she does not grossly violate the rules of food selection. To all interested in the examination of the exact rules of food-use, and the preparation of eatables, the book entitled Model Meals is recommended; as, by its directions, no mistakes are possible.

To sum up, we find the safety of the mother, as far as her period of preparation is concerned, to rest in the three following precautions:

1. To eliminate clogging material.
2. Constant activity.
3. Proper diet, intended to maintain the vitality of the mother and child. For every ounce of unfit food she eats she adds to the doubt that hovers over the hour of fate, involving the destiny of two lives.

CHAPTER XIII.

A HAPPY DELIVERY.

GREATEST among the proud mothers of the world is she who can boast of a quick delivery with few pains. It is a mistake to suppose that the skill of a physician, or the science of modern practice can accomplish such results, for nature has never yet chosen them as her agents. The story is briefly told in the one idea of the ripening of a nut which bursts its shell when grown to maturity and comes forth by its own act. This is nature. In child-birth the shell or sack is restricted by the bones, muscles and flesh of the mother, so that two counter influences are at work at one and the same time. Herein arise the pain and danger of the process.

It is necessary that the child itself should have its own covering or sack which encloses it. This may be said to correspond to the thin film of the egg seen when broken. It is also necessary that the child and its sack be protected from interference by outside influences, and here we find the uterus employed. It may be said to correspond to the shell of an ordinary egg, which serves no other purpose than to act as a shield of protection. Further than these two covers a third is necessary, and that is the body of the mother. In the cavity most convenient for its nourishment during development, and for its exit when ripe this sack is placed, and one of the most necessary considerations for its support and safety is the closeness and compact tightness of the apartment in which it dwells. In this is found an element of danger when the time comes for its delivery.

The act of ripening is thoroughly natural. The minute study of growth discloses the working of an intelligence in the countless little cells that are born every second, and that are distributed along the lines of development as the child increases in size. This process stops the instant the infant is finished and ready for the world. If it could not come forth within a certain length of time it would die in its prison house. When the cells cease to generate their own offspring for the use of the new being

all the work is at a standstill. It is waiting. The thick sack, known later as the after-birth, is in the way and must be broken open, next the uterus is in the way and must be forced open. Lastly, the body of the mother is in the way, and must yield to the great mass that is to follow. Here are three obstructions.

Ordinarily a ripe sack becomes weakened by its own inactivity, and its wall is broken through by the child within, who keeps up a vigorous kicking and punching with its feet and hands until an opening is forced, just as the chick in the shell, when ready to begin active hostilities against the early worm of the field, decides that it is time to get out of his pre-natal home, and so pounds away with his beak until he cracks the wall, and then winks at the old hen when she discovers the transaction. Only the baby does not wink. He shouts. The chick has the advantage when he is out of his first enclosure, he is out for good. The babe must make its own opening through the thick sack or afterbirth, but then the battle is only just begun.

The mother feels the symptoms a few hours in advance of the real process of the birth action; and these early pains are often mistaken for gripings in the abdomen, as if something eaten was disturbing her system. The effort is going on toward a general relaxation of the body; and it culminates in the bursting of the sack, which is accompanied by a release of the water it contains. After this much is accomplished, the first and easiest step is over. The offspring is born in fact, but not to the world. A splendid fight is now at hand, to remove obstacles that are purely physical and mechanical. Anything that will release the child is sufficient, so far as it is concerned; but the life and health of the mother are entitled to chief consideration. The old idea that the child will suffocate from close pressure is not correct; but it is true that certain pressure will cause strangulation and destroy its life, Thus, if its neck is so lodged in the passage that a pressure is placed against its veins, it will quickly die, just as a person may be choked to death by tightening something about the neck. In other words, nothing must be done to stop the circulation of the blood or the beating of its heart.

The pains come now in waves, or at intervals; their purpose being to dilate the uterus. When this is slow to open, a physician is justified in assisting its dilation; which he well knows how to do. Indeed, every case of slow birth-action should be as-

sisted mechanically; and the doctor makes a great mistake who allows the woman to suffer a long series of pains, when a little mechanical assistance will relieve her and hasten the progress of matters. In the olden days it was customary to "let nature take its own course;" which was proper when it could take its own course; but, when the mother has abused the primary laws of nature in diet and régime, there are serious obstacles in the way of its taking its course; and it is sheer cruelty on the part of the attendants to wait for what may not occur in thirty hours, during all which time the poor woman is suffering agony. It requires from ten to three hundred sharp pains to open the uterus, whereas mechanical dilation concurrent with the efforts of nature may reduce these very materially.

When the second obstruction has been removed, as far as need be, the third and most serious, in the general run of cases, is to be met. This is the body of the mother. The opening must be forced into the largest aperture possible, through which a human being is to come into the world. It is like driving a wedge into a tight place; the child is the wedge, and the pains are the driving power. They contract the upper part of the uterus, squeeze the child downward, and urge it onward to its exit. Any person can readily see that such a proceeding is sure to be slow and tedious when the aperture is not large enough to allow the child to pass through. It is here that the judgment and skill of a physician are most urgently required; and it is at this crisis that accidents occur, both to the child and the mother. The progress occasionally comes to a standstill, while the pain goes on and the suffering increases. The presentation has much to do with the ease of the movement through. When the mother has had proper exercise during the preceding months, the child will be in a natural position; that is, upside down; and the highest point of the head will appear first. This indicates a probably safe delivery. When the feet come first, there is some danger; but a breach presentation (that is when the middle of the child comes first) is positively perilous; and is the result of lazy, indolent habits on the part of the mother. The physician must lessen the suffering and hasten the delivery, by all the assistance possible. Many a woman dies every year because of neglect to do this. Only an ignorant doctor will allow a breach presentation to continue at a standstill. The child may die of strangulation, and this may be prevented by

keeping the cord, or connecting blood tube, clear of pressure or entanglement. In many cases the use of the forceps is desirable, even in head presentation. No physician who is skilful should hesitate to use these. Sometimes they save a whole day of suffering.

We cannot impress too strongly upon mothers the law that governs a safe and easy delivery. It is useless to expect success, when the preparation for it is not begun until the critical moment has arrived. To take the most vital of all examples, the struggle of the fœtus to pass through the body of the mother and come out into the world, we see the folly of the hope that a doctor's skill is able to soften the muscles and relax the bones that have been stiffened during a long period of neglect. Any bone that is not exercised freely, becomes dry, and tends toward a chalky condition; thus losing its flexibility and readiness to yield. Imagine a woman whose bones are as dry as a stiff skeleton; how much hope has she at child-birth? When proper food and suitable exercises are taken, the blood circulates through the bones and a sap or fluid fills their pores, in order to impart a certain degree of pliability. Thus a person of sixty who practices a balanced system of physical culture, could sustain a violent fall without injury; while another person, much younger, who paid no attention to this law of nature, would break a bone in a much lighter fall.

In the last stage of delivery the muscles as well as the bones must yield. They, too, require a healthful condition, or they will be stiff and obstinate. Pains accomplish all they can, and then become futile; sometimes ceasing altogether; while the unborn infant is lodged between its recent abode and the impassible wall that prevents it from coming forth into the world. Sometimes the child is cut to pieces, and so taken out. Sometimes the abdomen of the mother is cut through, and the living infant brought safely out. But generally the forceps are used, and the mother torn; or else the physician and attendants stand paralyzed with doubt while the woman loses strength and sinks into death. No skill can render easy that which is made difficult by the mechanical obstruction of the body. But every prospective mother can guarantee to herself and to her child, the absolute certainty of safety to both, if she will begin right, and at the proper time, to lay the foundation for the development of those conditions which

are sure to remove the mechanical obstruction of her body. Foods and régime have much to do with this; but a balanced and systematic course of physical culture, indulged in without violence, will give flexibility where it is most needed; will add greatly to the vigor of the child; and will cause the functions of both to work in harmony to the end that the fœtus may be expelled quickly and with few pains.

This method has been tested, but proof was hardly necessary where the law of nature was apparent. Of ten thousand cases of working women, whose bodies were developed by their daily toil, not one suffered either in duration of time or severity of pain; and more than one thousand were free from inconvenience. The washerwoman who stopped her work at the tub at ten o'clock, gave birth to a fine boy, and resumed her washing at half-past eleven, is a type of the intentions of nature in the process of childbearing. As the woman of sedentary habits cannot find inclination or opportunity to perform hard work, she can better this by doing for herself what hard work cannot, namely, develop a balanced use of the muscular system, acquire better form, avoid the crude roughness produced by severe toil, and make her body a temple of health out of which shall come only the finest specimens of humanity. The one hundred exercises known as the Ralston system of physical culture are by far the best, for they are founded on scientific laws; one set of muscles being active at a time, and all having part in turn, thus ensuring the best-shaped body and the finest form, taking off surplus fat and building flesh where the bones are scantily covered. The heavy exercises of the whole-body series should be avoided. In case you are not a complete member of the club, which includes this system among other departments, you may invent a series of physical movements designed to carry out the principles herein stated.

It has been stated that the physician cannot supply to the patient, that most desirable of all things connected with childbirth, a safe delivery. In spite of all the skill, the care, the precaution that may be commanded, there is no substitute for the aid which nature affords, when this aid has been invoked for the months preceding the event. Yet we do not place a less estimate on the value of the physician and his skill. He should, by all means, have charge of the case. His views are in accord with ours; and, to prove this, we quote the following language from one of the

most recent leading medical works on the subject: "To effect a speedy and natural delivery, good muscular development is essential, while healthy nervous stimulus must also be present, with sufficient general strength on the part of the mother to maintain muscular activity. The most frequent deviation from this condition is to be found in women of poor muscular development, with susceptible nervous systems and often impaired nutrition." By this it will be seen that Ralstonism and the medical profession are in exact accord. Herein lies the only hope of a safe and happy delivery. Any woman who will follow the advice and method stated in the present volume, will have nothing to fear. In addition to the certainty of escaping peril, she will bring into the world a child whose vigor and health will be safeguards against the ailments of infancy. This blessing of itself will relieve her of the greatest of burdens. Let us then, one and all, become Ralstonites and spread the good tidings of safety to the mother and health to the child.

Third Grand Division

Child Life

DURING INFANCY

THE DIET, CARE AND TREATMENT OF YOUNG CHILDREN

FROM BIRTH TO WEANING

CHAPTER XIV.

WHAT TO EAT.

QUESTIONS relating to this subject have been sent by thousands to the Ralston Health Club, each year of its existence. What could not be answered in letters and repeated hundreds of times, may be stated once for all in print. The child is born with a stomach. Its life is purely instinctive. From the outer edge of the lips to the exit of the stomach, a nervous excitement prevails, all under one general management, known as acute and automatic hunger. As the heart beats and the lungs breathe by machinery of their own, so the mouth draws and swallows by a purely machine-like motion. This drawing and swallowing may be better understood by using the more familiar phrase, the child sucks. It will do it, even if the top of its head was blown off and life retained; and there are instances of sucking when the brain had been removed. The action is one that is excited by contact with the nerves.

It is a curious plan of nature, this automatic, or machine-like instinct. If you tickle the nerves inside the nose, the diaphragm or floor of the lungs will give a violent jump, intended to throw a volume of air against the intrusion and expel it. If you put a dry cracker in the mouth, in a short time an excessive flow of saliva will follow, to moisten and absorb it. If you touch the lips of a new-born babe, its mouth will commence to draw and swallow, known as sucking. It will do this asleep or awake. Mothers, when desiring to placate a crying child, often insert their finger, and thus divert the action from one set of nerves to another. Were it not for this provision of nature, very few children would live.

Natural food is any food that contains the elements needed by the child's body. It had been previously living on its mother's blood, or, in reality, its mother's choicest milk-blood; and enjoyed an active part in the circulation of the parent body. Substantially the same fluid that was sent to nourish the unborn child, being not cut off, seeks to find vent at the most accessible

outlet, the breasts, and thither it tends, striving to escape. This transfer from one outlet to another is perfectly logical; and it simply seeks to meet the child in life, as it had previously fed it before its outer existence began. Let the milk of the mother be drawn continually by child, or by artificial means, one year, two years, three years or more, and the return to the monthly sickness will be delayed; the body cannot supply the two flows. Let the milk be denied escape, and the functions of menstruation will be resumed; and this will occur at any time after birth, allowing about one month for the transfer to take place. Womanhood, therefore, is a flowing existence, from about the age of fourteen to the age of forty-five. During non-pregnancy, it escapes in menstruation; during pregnancy, it nourishes the child; during nursing, it appears at the breast in the form of milk, which is but one degree of change from blood; and after weaning time, it returns to its previous habit. This flow is woman's most important function.

We would expect to find the milk of the mother, the natural and the best of food for the new-born babe. So it is, but it is not the only nutrition of a high value, for that which builds the body will support life. As soon as the child is born, it is washed in warm water, and put to its mother's breast as soon as any flow is perceptible. This first fluid is not milk, but a purgative intended to create vitality in the stomach and intestines of the infant. Some mothers, some nurses and some physicians, through ignorance, think it is poisonous; and the babe is, therefore, kept from its mother for a day or longer. This is a serious mistake. It should be allowed to suck as soon as it is ready. The drawing off of the less palatable fluid benefits the child, and prepares the way for the milk itself, which will come sooner and be all the better for the active preparation.

How long shall the child be fed upon its mother's milk? A day; a week; a month; a year? It all depends upon the circumstances. This diet is, of course, the most natural. When it is not enough for mother and child, the former will begin to fail in health, the milk will grow poor, and the babe will also suffer. To persist in feeding a child at the breast, when the mother is steadily running down, or is not convalescing to health, is pure folly. Many a woman, so weakened, has gone into a decline that ended in consumption. When circumstances are favorable we heartily advocate nursing at the breast in preference to all other methods;

but, otherwise, not. You may take a thousand infants from such nursing at any time you please, from a minute to a year or more; and every one of them can be brought up in as good health as though nursed, by using the preparations now for sale everywhere. The time of taking from the mother should be, as a minimum, when one or the other does not thrive; and as a maximum, at some convenient period to be discussed under the head of weaning.

In nursing children a few things may be kept in mind:

1. A babe takes food the third day; but it should take the breast fluid soon after birth, say in an hour or two hours.

2. If it is motherless, artificial food should be given it the third day; or after forty-eight hours from birth; never sooner.

3. In nursing the breasts should be given alternately; the right at one feeding, the left at another.

4. Many babes cry and refuse to eat, as though in pain; and are dosed for sickness; when the only trouble is the fact that they cannot eat and breathe through the mouth at the same time. They must use the nose for respiration, while the mouth is employed. Mothers do not think of this, and they allow the flesh of the breast to obstruct the baby's nose, while it vainly tries to get food. It naturally cries in protest, and for its protest gets medicine. A majority of the maladies of infancy are mechanical.

5. Cold water; clean, cold water is required to relieve its thirst; and while it only wets its lips and sips but little, letting it come out, the satisfaction is great. Every child should be offered a taste of cold water, not ice-cold, about once every hour, while awake, either night or day; from the first week until it is able to talk and ask for what it wants. We have known infants to cry and scream with the agonies of thirst; the doctor to be sent for; medicines administered without affect; and finally the sufferers put to sleep by drugs, only to wake out of a delirium of thirst. If you do not know how terrible is the torture, deprive yourself of water. The child is fed on milk that is sweet; besides which, the gums are inflamed by the preparation of coming teeth. A drink of cold water will avert apprehension of sickness; and fully ninety per cent of infants cry themselves sick for this little relief.

6. After each feeding the babe's mouth should be washed out with a piece of fine handkerchief dipped in cool water. Milk left in the mouth soon decays and causes thrush, a fungous growth, sometimes fatal. A more thorough precaution is that of using

borax as follows : Put half a teaspoonful of boracic acid powder in a cup of water ; and wash the mouth out twice a day.

7. The best time to nurse or feed a very young child is just before it should go to sleep ; so that it may end its meal by falling asleep.

8. Exact regularity is impossible, and it should not be attempted. Thought, coolness and good judgment on the part of the mother will accomplish much.

9. The infant cries ; and, in its first six or eight months, always has a cause for crying.

10. The cause may be a pin ; a scratch from the dress of mother or nurse ; a compression or tightness of the clothing ; thirst ; nose-stoppage while trying to feed ; a desire to be taken up ; sleepiness ; colic ; inflamed mouth ; distress in the stomach ; weakness of its mother's milk ; error in its mother's diet ; overfeeding, and other matters. The maladies will be discussed in the next chapter.

11. Always see that there are no pins, or articles of jewelry about the clothing of one who handles the baby ; and keep the clothing loose.

12. When it desires to be taken up, it should be gratified. Its life is precious to those who love it ; and every sacrifice should be made that is reasonable. These suggestions are stated here, because it is supposed when the baby cries, it is hungry and must be fed.

13. There is more danger in overfeeding than in underfeeding.

14. Frequency of nursing is a question that may be settled by circumstances. No child should ever be awakened because it is overdue, for at night it should go six to ten hours without nourishment, if it so chooses.

15. For the first three months an infant may be fed or nursed, once every two hours during the day; and once about midnight, which means an hour or so before or after that time.

16. For the next three months the time may average once every three hours during the day. Two-and-a-half hours will do as well. Midnight, or thereabouts, is the night hour.

17. After six months of age, it should not be fed oftener than once in three hours on an average, up to the weaning time, which is when it is from nine to fourteen months old. Once at mid-night.

18. It is not too often for a child to nurse once in three hours, even when it is a year old. Some grown-up children eat three meals a day, and good-sized lunches in between.

19. To regulate a babe by exact methods is theoretical nonsense. All circumstances should yield to its reasonable wishes. It is best governed when it is not opposed.

20. As soon as the desire of the infant is clearly manifest, the only proper course is to yield to it, or else gently divert its attention. To set up a firm denial, on the theory that it is being trained not to have its own way, is unnecessary cruelty, causing disappointment and pain gratuitously.

21. A child, under six months of age, that can be pacified by nursing should be so indulged, rather than let it cry itself to sleep from exhaustion.

22. Some mothers say, "It is too early yet, and baby is wanting something to eat. It must wait." Why wait? If it can be amused until the regular time, then adopt that plan; but do not force it to wait and cry, on the theory that it is being trained.

23. Good babies play while nursing; that is, do not attend strictly to business. This should be encouraged, as it renders digestion easier, and lessens the chance of overloading the stomach. It may be taken away a dozen times, and finally drop sweetly to sleep.

24. If menstruation is resumed, the mother must stop nursing the baby at once.

25. When the health of the mother is delicate, or she is suffering from disease of any kind, from depleted blood, or from a scrofulous tendency, which is denoted by sores on the face and body, she should not nurse her infant.

26. Cow's milk is not the same as human milk. It has less fat, less sugar, less cream-element, and more hard curd, than the milk of the mother. It is also somewhat acid. A young baby does not thrive on it so readily as on such foods as condensed milk, malted milk, and preparations put up specially for the purpose.

27. The best way of using cow's milk is not the way usually adopted. To add a greater proportion of cream will produce the extra fat required; and to thin this, will lessen the curd or cheese danger. Therefore it is a good plan to let the milk stand until about half or less of the cream has risen, then let off the under half. This can be done by having a tin two-quart measure (or larger) filled with fresh milk; and, after three or four hours, pulling out a small wooden plug inserted near the bottom of the measure; thereby letting the lower half escape. What remains is rich

in fat. To render it digestible, add as much hot water as there was milk drawn off. This will be adapted to nearly all babes; and may be given in the usual nursing bottle filled for each meal.

Weaning time marks the change from an all-milk diet to the use of other foods. The transfer from the milk of the mother to another milk, may release the mother, but does not wean the child. This transfer will be made by the babe itself, if it likes the contents of the bottle better than the breast; in which case, after one or two re-visits, it spurns the latter and will take only its new-found friend. When the time comes for giving it other foods than milk or infant nutrition, the more serious problems arise; and these are discussed in the fourth division of this volume, entitled *Entering Childhood.*

Babies have large livers; which are proportionately smaller as the body grows. After being fed, they should lie on the right side for an hour; as the liver is on the right of the stomach, and if they lie on the left, digestion will be interfered with and bad dreams will cause sudden waking up. At the end of the first hour of sleep they may be turned upon the left side; as one position may deform the spine. Never hold the nursing bottle so that air will be sucked; as it develops stomach trouble.

CHAPTER XV.

CARE OF THE INFANT.

ACCORDING to the divisions of this volume, the child is regarded as an infant from its safe arrival in the world to the time it graduates from the monotonous diet of mother's milk, or the substitute of bottle food. It is in this period that the training of the child should begin ; for as the so and so is bent, the thus and so is inclined. Training the little lump of living flesh ! Setting down exact rules, mathematical examples, and geometrical lines, to apply to the ways and deviations of the angelic flower, fresh from the hand of God, and coming up into life to be contaminated by the meanness of humanity !

Some babies have ugly faces, and most villainous dispositions ; but they are not to blame for these characteristics. Heredity is a severe foe, or a delightful friend. The bad dispositioned child is thrust into the world, without its consent, and the best must be done under the circumstances. The following rules are applicable to these unfortunates, although intended for the better class of offspring :

1. A babe is ruled by instinct, until it is old enough to exercise choice, which is in a few weeks. While instinct is its master, it is incapable of being trained, except in some approach to regularity of habits, which are generally best when irregular. Some parents, notably methodical fathers, go about with mental yard-sticks, foot-rules and plumb-lines, ready to mark off the doings of the little innocent, and they are eager to begin their government in its early infancy, for fear it may be too late. They are nuisances, and it is only a just retaliation that awards to them the vacational amusement of walking the floor of nights, with their subject in a horizontal attitude, shouting the advance of the one-man procession.

2. When, however, the instinct period is gradually blended into the period of choice, the trouble begins. Then it is that the unintended tyrant would apply the thumb-screws and hold the babe to an exact régime. Why should a child, not old enough to

object to its name, be required to walk a straighter line than its grown-up brothers and sisters, or its parents? There are some valuable points of training that may be presented here.

3. Choice is expressed by crying. It has no other method of objection. It cries easily and loud. A certain amount of lung exercise is essential to the development of the organs of breathing; but a child allowed to cry unnecessarily will acquire an unpleasant disposition after awhile.

4. Crying babies are reflections on their mothers or attendants. The rule is to appease the baby at once. Do not let it cry. Divert its attention by skilful management. Interest it in something that will please it.

5. But you say this takes time. So it does; but it is a duty; it stands in the category of honorable duties, even if not inspired by love. Time and sacrifices are due to the little one.

6. But you say it will spoil the child to appease or humor it. We hope you are able to see the difference between letting a baby have all it wants, and thus spoiling and diverting its attention, so that it will not get nor want what it should not have, and thus not spoiling it. A skilful manager can without difficulty turn the wish to other directions.

7. It does eventually spoil an infant to always humor it. Rule 6, however, shows the way to avoid such result, and yet not oppose the baby. Our theory is it should not be opposed. As between letting it have its own way and hurting its ultra-sensitive nature by cruel disappointment, the more loving plan is to let it have its own way. A few months afterward the art of diverting it should be followed.

8. Some parents believe that the infant should be taught to sleep alone nights in its cold cradle in winter, even when but a month or two old. This theory certainly is not nature, is not love, is not sociability. If the temperature of the room is sufficient the babe, on falling asleep between seven and eight o'clock, should be put in its cradle. It will wake, perhaps, once or twice, at nine or ten, or later, and can then, by being cared for in the arms, be put back to sleep in its cradle, which should be by the side of the mother's bed, within reach.

9. When it awakes for its midnight meal, it should be taken into bed and snuggled close to its mother if it seems to have the slightest objection to staying in the cradle. After six or eight

months it may be easily trained to sleep alone till morning, if need be.

10. A physician once related the method he adopted to train his three months' old infant to sleep all night alone. It cried till near morning the first night; it cried only three hours, the second; only ten minutes, the third; and ever after seemed to understand the training, and gave no trouble. This is a cold-blooded method. It lacks love. It has proved advantageous in other cases, but we do not approve of it.

11. Our belief is that a piece of humanity so young should be wrapped in the arms of affection, tended by vigils of sweetest love, and around its tiny life should be thrown the heartstrings of parental adoration.

12. Before a child should be treated for illness, be fed, or cajoled, when it cries, a little injection of common sense should be inserted in the parents to enable them to ascertain the cause of the protest. Babies do not cry from sheer meanness. The sourest of them have some immediate cause. There are at this moment, while these lines are being written, more than one million fathers walking the night with screaming babies in their arms, with the house, and perhaps neighborhood in alarm, when a drink of water is all that is needed by these virile songsters.

13. The height of good judgment is manifested in the study of infantile ways and wants. They must not be neglected, even an excess of attention will pay.

14. Playthings should be freely provided; and before they are old enough to understand or use them. No better charity exists than that which buys toys for the little babes; and especially for those under one year of age.

15. Change, variety, new places to go, new things to see, and frequent trips about the house, or without the house, in the arms as well as in vehicles, should be encouraged.

16. Kissing the infant, when less than seven months old, and especially on the mouth, is a barbarous custom. It cannot be inspired by love. From such practices come disease and sores, transmitted by germs that all adults carry with them. The poor baby, poor in the sense of unfortunate, is caressed and kissed in the course of a week by every variety of bad breaths and foul mouths that can be found in the schedule of bacteriology; by spinsters, thin-lipped maiden aunts, thick-lipped philanthropists, good mid-

dle-aged ladies with unclean teeth, shaky old ladies with black stubs of broken teeth, rosy-cheeked cousins with breaths as long as yard-sticks, neighborly women, women with advice to give, fluffy women who talk about their nerves, solemn women who tell you that "the Lord giveth and the Lord taketh away," and girls from the non-kissable to the repressible age; all plunging at baby, because its mouth is small and so tempting. Every one of these kissing women leaves a colony of germs on the mouth of baby; and it has the rash, and sore face, sometimes sore eyes, and sore mouth. As the skin gets older it becomes more like leather, and is able to resist these germ-bearing kisses. Seven months is time enough to begin the nuisance; though if the writer were a mother he would not allow promiscuous women to kiss his children at any age, unless they brought with them certificates of mouth and breath, at least seventy-five per cent clean.

17. Close-breathing is bad for the infant. The purest, sweetest breath is an emitted poison, intended by the Creator to carry away from the system the dangerous gas that kills. If it would kill the mother when retained in her lungs, it certainly would injure a more tender being when thrown in volumes into its face to be inhaled. The child must breathe in the air that is closest to it. Some nurses talk to babies, mouth to mouth, and the little ones are constantly inhaling poison direct from the great, coarse lungs of the offender. Some mothers sleep so as to exhale their own breath into the child's face, and then wonder why it dies. Exhaled air is so deadly a poison that, if breathed into a cup or goblet, it will instantly extinguish a lighted match. This poisonous gas falls to the floor. In a room where four persons slept in two beds; and the fifth, a healthy, robust man, lay on the floor all night; the latter arose in the morning so poisoned and nauseated that he swooned into unconsciousness. A babe should never sleep on the floor. Its crib should be as high as its mother's bed; or not much lower. When in the parent's bed, the face of the child should not be close enough to receive the exhalations of the mother.

18. Cologne, or perfume, is poisonous to a person under ten years of age. It emits a volatile vapor that finds lodgment in the delicate membrane of the mouth and throat, even to the lungs. To test this, let any grown person sleep in a room where a saucer of cologne water, extract, or other perfume, is exposed; or tie a handkerchief dipped in it around the neck at night. The mouth

and nostrils will be excessively irritated the next day, and for a few days after; to a babe, this irritation is considerably magnified.

19. A child should never sleep in the same bed with a person older than forty-five. An aged vitality is a great absorbent of youth. Some of the oldest of long-lived men and women have received their renewed energy by cultivating the companionship of children. The principle is one well known. Much more hurtful is it to the child when the aged person sleeps under the same cover and in a community of warmth with it.

20. Flowers in profusion are pleasures for the moment. Their fragrance in small degree is not hurtful, as long as the flowers are fresh. The gases they give out are easily diffused, and so are not harmful. But, when the flowers begin to decay, they exhale a decided poison strong enough to render a person unconscious who remains in a close room with a large number of them. Any over-ripe flower should be placed where it can be seen, and not inhaled freely. To be on the safe side, it is better not to keep flowers very long in the room where there is a young child.

21. A baby should not be excited, nor made to laugh excitedly.

22. The habit of tickling an infant's feet, or its body, to make it laugh, is sometimes indulged in, especially by young attendants, or amateur nurses. Convulsions may be produced by this torture.

23. A very strong light should not be allowed to shine in its eyes. Some nurses and mothers are so careless that they permit the sun to fall full upon the unprotected face, while they chat pleasantly on the street corner. Loss of sight has been caused in this way.

24. Infants rarely ever catch cold, it is unnatural for them to be afflicted by this malady. When they have cold, it may be safely asserted that the fault is clearly with the attendant or mother, and due to exposure.

25. A daily bath is almost a blessing. The water should be at the same temperature as the child's body. The bath should last two minutes. No soap should be used. The pores of the skin throw off all dirt; but the skin should be gently and thoroughly dried by wiping. Soap may be used on the hands only.

26. Never wake the baby. Let it sleep its long quota, if it is so inclined. A healthy child will not be easily awakened by ordinary noise; but loud and unnecessary racket or boisterous

sounds are likely to destroy that tenuity of slumber that is most important to the infant.

27. If possible the nursing or feeding of the baby should take place at a regular time daily with reference to its falling asleep. Seven to eight o'clock is the best time for the night sleep to begin; and its feeding should occur about that hour. It may be delayed, if it cries, and can be diverted; otherwise let it have its way, rather than attempt too much regularity.

28. Avoid using rags, sponges, or towels that have a sour smell. This odor is caused by fermentation, due to the presence of germs. Sore faces are often the result of using sour towels, especially in hotels. The skin of the baby is even more delicate.

The suggestions of this chapter relate chiefly to the care and training of the infant; by which is meant the first stage of life from birth to weaning, or taking other food than milk or preparation. The weaning question will be discussed in the next division of the book, entitled, *Entering Childhood*. In the chapter following this, the treatment of the baby is presented in connection with its maladies; and much that is valuable there may bear upon the rules stated herein.

CHAPTER XVI.

MALADIES OF INFANCY.

CHILDREN have been safely carried through the entire term of infancy, without an hour's or a minute's illness, save the natural action of colic, which serves a purpose in the development of its internal machinery, and this but slightly. This success has been attained in the author's family, and he is proud of it. Herein is proof of the fact that sickness is unnatural; that every malady is the penalty of some breach of the simple laws of living.

But this does not console those who have made mistakes and are compelled to witness the results. A certain line of illness befalls infancy, and suggestions must be given in order to deal promptly with them. It is well known that the babe has about an even chance of living. The rate of mortality is much greater in infancy than at any other period of life. It does not take very much to end the tender existence. Its nerves are easily excited and convulsions ensue. It sometimes cries so violently as to end in the same result. Its stomach may get out of order on the least trifling with its diet.

Accidents. Of all the numerous fatalities among infants, an altogether too large a proportion occurs from accidents. One child of six months hung itself by getting its head wedged in between the bed and its crib. Another burned to death from the snap of a crackling match. This kind of match is the cause of many serious accidents, and its sale should be stopped by law. The end of the match to be lighted goes off with a report, and throws part of its combustible matter to the floor, or out against curtains or clothing. We personally know of two houses being set on fire in this way, of an infant being fatally burned, and of clothing being united by the flying spark. It is probable that fires, whose origin has been ascribed to other causes, may have been due to the same trouble. Such matches should never be lighted when infants are present, for the spark will fly ten feet, and burn where it falls. The means of ending life by accidents are so numerous that the only safe method is to keep constant watch over children.

Acid and Alkali. The young infant is devoid of saliva, and the balance between the two fluids cannot be preserved in the mouth where it is manifested when a few months have passed. In an adult the health of the blood and the tone of the digestive apparatus are dependent upon the almost even balance of acid and alkali. It is from their cross purposes that vitality is generated. The saliva is reputed to be alkaline, but one minute it may be slightly acid, and another slightly alkaline. If it is decidedly either, the system gets quickly out of order. Some persons are of an alkaline tendency, and crave some things; some of an acid nature, and crave lime in some form or other. The saliva of the mouth turns quickly to acid about the teeth, causing rapid decay, for which reason magnesia, or milk of magnesia is a valuable remedy, and serves as food.

Lime, magnesia, and similar alkaline matters are food. They are required by the body and appear in its composition. The young infant requires alkaloids or alkali, for its tendency is to acid, which must be constantly corrected. Its mother's milk is alkaline. Cow's milk is slightly acid, just enough to overturn the stomach of the baby. When the mother who is nursing the child eats sour fruits, pickles, or similar acids, the infant is affected by it, as the milk of the breast is then turned to acid, though by a small change and to a slight degree, yet the child suffers.

Curdling of the stomach or rejection of the milk is due to this acidity. It causes considerable distress and the pains of indigestion. If the infant is nursing the mother should pay attention to her diet. To best nurture her child she should herself take daily one fresh egg beaten in a glass of fresh milk; she should eat such foods as custards, rices, whole wheat breakfast food, whole wheat bread, barley soup, and other soups freely if home made, as well as carefully arranged foods for every day in the year, and for various conditions, as stated in Ralston Model Meals.* To know what to eat is half the battle of health.

It has already been stated that lime and magnesia are part of the food required by the body intended to prevent acidity, which leads to a sour stomach. It is, however, true that too great

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* *Ralston Model Meals*, arranged for every day in the year, for sickness and health. Price, 50 cents. Address Ralston Health Club, Washington, D. C.

a use of artificial lime that is not organized in some vegetable, as wheat or grains, will lead to a constantly increasing demand for it. Where the heart is weak the blood does not carry off the acidity fast enough, and lime has to be taken in such quantities as to destroy the lining of the stomach. In whole wheat this lime is found in a natural food state; that is, having organic life derived from its vegetating growth, and it benefits rather than hurts the stomach.

Lime must be given to babies, especially when they are suffering from colic or acidity. The very best present preparation now in use is soda-mint, and although not on sale at country drug stores every pharmacist may compound it from the formula which he has in his book of formulas. A recommended substitute for perfect milk of the mother is the following:

Four tablespoonfuls of cow's cream.

Two tablespoonfuls of cow's milk.

Four tablespoonfuls of lime water, which can be procured of any druggist.

Enough sugar of milk to give the mixture the usual sweet taste, diluted in six tablespoonfuls of water. This may be obtained at any drug store.

The foregoing is as near the same composition as human milk; and the quantity stated will feed the baby eight times, or for one day of twenty-four hours.

Colic is most easily and most naturally overcome by giving soda-mint. It should be sweetened and given hot or cold as the baby seems to prefer. One teaspoonful of soda-mint in two of water with sugar, is the quantity for a very young child; but as it gets older, say three months of age, the soda-mint may be increased. It is a food, and perfectly harmless; a child could take all it would, with safety.

Hot water often affords relief to the young infant. The stomach is generally put in good condition by a half glass of hot water, given with a spoon, or through a nipple-bottle. Pain in the intestines is often relieved by the diffusion of heat and cold, through the action of hot water. A costive condition; and, strange to say, a loose condition of the bowels is frequently overcome by hot water, which seems to establish the happy medium.

A sick child should at once be placed under the care of a physician. No experiments should be made when there is the

slightest doubt as to its condition. It is better to err on the side of over-anxiety, than to lose the little one through careless indifference. The nature of the illness may sometimes be determined at once. Vomiting curds of milk, eructating gases, and writhing of the legs, when not attended by a high fever, indicate acidity or colic. Then a drink of cold water, a half glass of hot water, and the usual quantity of soda-mint, should be given. The cold water relieves the mouth, and is not generally swallowed ; the hot water relieves the intestines, and the soda-mint corrects the acidity. In ninety-nine cases out of a hundred, the baby will be well again in five minutes. Not long ago we saw a physician drug a child to sleep, who was tortured by thirst; and needed nothing but a drink of water to pacify it. When it had awakened out of the forced slumber, the physician was about to quiet its renewed cries by another dose of the drug, when we offered it a little water to drink. Although it could not talk, the look it gave, the little shout of joy it uttered, and the happiness of disposition it exhibited, put to shame the so-called science of medicine.

Paregoric and sleep-producing drugs should never be given to babies; but the physician in charge must decide that matter, and not the parents. We object to the use of medicines that invariably inflict after injuries. To force a child to sleep is sometimes a blessing and perhaps necessary; but in our experience, we prefer to avert the conditions that make the drug needed; and we certainly have succeeded. The heart, the brain, and the nervous vitality are all weakened by sleep-making medicines.

Excessive heat taxes a child's strength. The daily bath is a relief. The sun and the hot rooms should be avoided. If the sleeping-chamber is in the upper part of the house, and the rooms below are available, even if used for parlors or otherwise, they should be taken in hot weather. We had knowledge recently of a baby, but a few months old, that had several times been put to sleep by drugs during its colicky period, and thereby weakened in vitality; later on succumbing to the heat, and dying as it breathed, in the very act of living. It closed its eyes as though it was too tired to keep up the struggle any longer; and its little life went out. This was due to the science of medicine, that had drugged it until its vitality was too far gone to sustain existence.

As colic is the most frequent malady of the infant, every mother should learn to detect it at once. The knees are

drawn up to the body, the front wall of the abdomen is hard and full, there is no fever, but the hands and feet are cold; the latter sometimes getting very cold. The emission of gas from the stomach affords relief, showing the nature of the trouble.

Fever. Babies seem to get feverish quite easily. If not attending some other trouble, it rarely occasions alarm, and quickly subsides. Fever in infancy is often an attempt to throw off waste matter through the pores; in which case a warm bath is beneficial.

Hiccoughs. This little malady is one of the first to appear, along with yawning, in very young babes. Both are related. The yawn, or gape, is an automatic attempt to get a deep breath, when the air is not pure, or the action of respiration is weak, as from sleepiness or being tired. The hiccough is an erratic action of the same kind; the diaphragm, or breathing muscle, being irregular in its rhythm. This fault is easily acquired, and may be cultivated by imitation. The attention upon it is the worst means of stopping it; and to suddenly draw the mind to some other matter is the natural method of cure. Occasionally the hiccoughs continue for hours; and, in rare instances, cause death. A drink of cold water, a smart blow on the legs; or, in dangerous cases, a plunge into very warm or very cool water, will overcome the matter. When a child is old enough to be told to hold its breath, this remedy will steady the diaphragm and dismiss its erratic action.

Ordinary colds. A baby will endure a low temperature out of doors, or in doors, provided it is warmly dressed; but it is sensitive to drafts and exposure. The coldest and most impure air is nearest to the floor. Children are allowed to play there too much of the time. Two hours in the forenoon and two hours in the afternoon will be ample, and probably an hour too much. A high chair may be employed an hour in the forenoon, and an hour in the early evening. Avoid an open window, or a position at a doorway, between two rooms. A baby catches cold if, in changing it, the bare flesh is left exposed. It should be handled quickly. Few mothers stop to think that the sensitive temperature of the infant is lowered in a few seconds; then coughs, colds, and fatalities follow. Sore throat, croup, whooping-cough and similar diseases, which will be referred to under the next division, *Entering Childhood*, are all traceable to carelessness. The best means of thwarting disease is to see that it is not admitted to the system.

Sore mouth. All infants have thrush, or sore mouth, unless the strictest care is exercised to prevent it. The malady is due to germs, or bacteria, as has been proved with certainty. The tender surfaces of infant flesh are splendid fields of forage for the microscopic life that is always hungry. They will leave the lips of older people to feed upon the babe's. Thrush is sure to follow nursing or feeding, unless the mouth is washed out two or three times a day; for the milk ferments from the activity of the germs, and millions of bacteria flourish; the malady proving fatal too many times. The wash is as follows: Dissolve a half teaspoonful of powder of boracic acid in a cup of water; and thoroughly rinse the mouth with it, applied on a soft cloth, twice a day. Also wash out the mouth with a wet cloth or sponge after each meal. Avoid sour-smelling sponges, towels or cloths. It is safest to scald them before using.

Disease from germs. The little extra trouble required to keep everything clean will fully repay the mother, in that a healthy baby is less care than a sick one. If bottles are used, they and all articles connected with them should be scalded by the hottest kind of hot water.

Face rash, or a reddish breaking out around the mouth and lower face, generally indicates an affection of the blood, caused by the disagreement of the food. As young infants cannot digest starch, as in crackers or bread, a small piece of either will cause face rash. It is, however, due to any derangement of the blood. Poison about the mouth and lower face may produce a similar affection. Babies that crawl along the floor where the mouth may come in contact with the dust, or with articles that are dusty, may be afflicted in the same way.

In the next division of this book, we shall discuss the more serious maladies that befall children; generally at an age past the first stages of infancy, and reference should be had to that part of the work. Two things in connection with the care of the little ones should always be kept in mind; first, that maladies may be prevented; second, that the care required to prevent disease is less than the trouble necessary to cure it, to say nothing of the expense. Every child is a link in the endless chain of life. Parents can perform no duty so satisfactory to the Creator as to watch over the babe's existence, with constant self-denial and sacrifice, until it is emancipated from its condition of absolute helplessness. Despite

the handicap of heredity, an infant is closely moulded out of the heart of God, and loses its angel-nature only as it comes in contact with human influence ; and then it accurately reflects the dispositions that shape its early career. Surround it by sunshine, love, tender persuasion and the sweetest gentleness at all times ; and never allow yourself to believe that it is cross or annoying. For this patience there shall be ample reward.

Fourth Grand Division

Entering Childhood

FOOD, TRAINING AND TREATMENT OF CHILDREN

AFTER WEANING

CHAPTER XVII.

THE WEANING QUESTION.

MOTHERS often misname the act which transfers the babe from nursing to a substitute for the milk of the breast. It is not weaning, properly speaking. We hear the remark, "I weaned my baby at three months." In what way? "By feeding it from a bottle." The food in the bottle is nothing more nor less than a substitute for the mother's milk, and contains the same elements in the same proportions. This is the intent of the manufacturer of foods for unweaned infants. It does not, therefore, make any difference in the case, whether the elements of the natural milk are obtained direct from the mother, or from a bottle. The child is not weaned until it is able to leave that diet and partake of some of the food of grown folks.

It is an anxious moment, and it should be, when the decision is made to wean the child—that is, to transfer it from the breast or bottle, to the regular food on which it must subsist. There are some very wholesome rules that should be kept in mind, and we will state them in this place.

1. Commence to wean gradually. How this is done, will be explained further on in this chapter.

2. Become familiar with the foods required by the child's system—and the foods that most easily nourish it, and those that injure it.

3. Select the proper time to begin the weaning process; for it is a process.

As the time is always first considered, though not the most important question, we will present the matter at this place. Weaning is an experiment, unless the child is in perfect health. An experiment should not be undertaken in hot weather, except under the most favorable circumstances, as the combination may prove disastrous.

A child born in December, January or February may be weaned in the following November, December, January or Febru-

ary; that is, the weaning may commence in any of the months mentioned.

A child born in March, April or May, can be weaned in the following February, March, April, May or June.

A child born in June or July, may be weaned in the following April, May or June. A child born in August, September, October or November, may be weaned in the following September, October, November or December.

By this it will be seen that weaning may commence in eleven months, or be delayed until the fourteenth month: but an August child should not be weaned until September, October, November or December, as eleven months would bring it in the hottest weather.

If an infant is robust, an earlier rather than a later date is preferable; but, if weak and backward, it is well to wait a few months. A year, on an average, is usually the age of the child best suited for weaning.

The next problem is that of the proper food to be given to a child at the age of twelve months. It has thus far lived on the mother's milk, or on some substitute for that staple nutrition. Adults eat bread, meat, vegetables, fruits, and almost anything they desire; why cannot the baby do the same? In the first place, the food selected by older persons is not always, we might say is not generally, the best even for them; they are constant sufferers in stomach, nerves and blood disorders from their unhappy choice of eatables; and the infant system would soon be destroyed under such diet. In the second place, the child does not require, for its activity of mind and body, the heavy nature of sustenance that is needed by the older person. It is a mistake, therefore, to think that what is food for one, is food for another.

Bread is the staff of life. When formerly made from the whole wheat into a beautiful light brown flour, it was far more delicious and wholesome than now; and young people, as well as adults, were in better health. Now the miller can sell white, sickly flour more readily than the good, old-fashioned light brown; he strives to get it whiter and whiter, because the very whitest bread is most pleasing to the eye; and the fresh marble gravestone is no whiter than the bread eaten by the dyspeptic who sleeps under it. This death-like whiteness of modern flour has sent many a victim to an untimely death. Let us see why. The *white*

part of wheat, or of any grain, is starch. The stomach cannot digest starch; therefore this part of food must either be specially disposed of, or else it will produce the most distressing results. It is overcome by saliva, except in a few cases of persons who are said to be utterly incapable of starch-digestion. It is also disposed of in the so-called second stomach. Safety, however, requires saliva-digestion, from the most thorough chewing of the bread. This is not possible when the latter is new, very starchy or gummy, as in rolls, biscuit or fresh bread. If it forms a dough in the mouth, it should be discarded at once. If it is not thoroughly chewed it will drop in lumps, or swallows, in the stomach, there to create dyspepsia, gastritis, catarrh of that organ, inflammation, or liver disease. The whole wheat, or light brown flour, aids the digestion of the starch, or extreme whiteness of bread; and in this combination, the eating of white bread (that is light-brown whole-wheat bread), is attended by better results.

It requires saliva to digest starch, and all bread contains some starch. A very young babe has no saliva, and consequently bread in any form would produce serious derangement of its system. At the weaning age, say from ten to fourteen months, it has plenty of saliva, but is not able to digest new bread. This article of food should be one or two days old, not stale, but thoroughly seasoned. It should then be toasted to a very delicate brown, which destroys all germs; and food of every kind collects germs in a few hours. If the adult were to seek that diet which would most quickly restore tone and strength to the stomach, the one staple food should be whole-wheat bread, two or three days old, and toasted. It is the one ideal nutriment of nature.

It is this ideal food that should be preferred in the weaning process. Let baby come in its high chair to the dining table; and, on the first of its new meals, let it have one little piece of this toasted bread, soaked in a little cow's milk, diluted in hot water. Wait until the second day thereafter and give it two pieces of bread, each about the size of a half inch cube, or little block. All the while it should be regularly nursed or fed as before. The next day it may have one cube of bread for breakfast, two cubes for dinner, and none for supper. The next day give it one cube for breakfast, two for dinner, and one for supper. The next day, none. The following four days, let it eat this bread-and-milk diet three times, adding more bread; then give it none for a day.

Gradually lessen its nursing or regular feeding, though but slightly. In about four weeks it will eat heartily of bread and milk, three times daily ; and should be nursed or fed between meals, about midway the time, and once in the early half of the night, or at midnight. The child, or any person, in fact, could live and thrive on this bread-and-milk diet, as it is a complete nourishment, even for strong men. Whole wheat bread is like meat in its power of sustenance ; but milk is an aid to its digestion. Avoid new bread; avoid white bread ; it is, compared with the whole wheat bread, as sawdust compared to a rare beefsteak.

When baby has taken kindly to its adult diet it will be less interested in the breast or bottle. You now have in one month substituted one standard food for another, and you are ready to let the child discard its nursing or earlier feeding. Before doing this the bread and milk should be reinforced, simply for the sake of variety. And what shall be next? The step is one of growing importance. Remember, in the process of weaning children, that one new thing should be added at a time, not two or more, and that much variety at first is injurious. To go along slowly is far better. Remember, also, that if constipation is caused by food an increase of water daily helps to overcome the trouble. Ice-water, or cold water, does very well for young babies that do not swallow it, as they are relieved by cooling the mouth inflamed by coming teeth. When the child is old enough to swallow the drink must be studied.

What to drink. As just stated in the close of the preceding paragraph there is a great difference between wetting the mouth with ice-water and swallowing it. No safer rule could be followed than never to allow the drinking child to have ice-water ; by drinking child is meant one that swallows water directly. Cool, or rather cold, water is more healthful as a drink, but ice-water is better in case of inflamed mouth and gums. In fevers it is very beneficial to let the child have a lump of ice in the mouth, and swallowing a small bit is good for a fevered stomach, but otherwise it is dangerous. Some parents give tea, coffee and cocoa to young children to drink. Tea causes a weakening of the bladder, and brings on diseases of the organs that will produce a lifetime of misery ; being a stimulant in one sense, and a nerve destroyer in another, it is grossly unnatural, and should be avoided until the child is past sixty, or old enough to be guided by sense rather

than taste. Coffee is neither a food nor a medicine, but a nerve excitant of the most violent kind. It stimulates for an hour, to be followed by a corresponding depression. Babes or children at any age that have been given coffee to drink are subject to heart disease by reason of the false energy it creates, and the alternating excitement and weakness it produces. A fond mother said: "This talk about coffee is nonsense. Here is my daughter, seventeen years of age, in perfect health, and I gave her coffee to drink when she was two years old." The girl had heart disease, and the mother did not know it, until a month later the daughter fell dead at her feet. There is not a coffee drinker on the face of the globe that is not a victim of some form of heart disease.

Cold water is the standard drink for a child at any age. What is called Ralston Tea is also excellent, from the age of one year to fifteen or more. This imitation tea is very palatable to one whose taste has not been vitiated. It contains milk in a cooked form that is very easily assimilated. It should be diluted with water; some preferring two-thirds water and one-third milk; others half water and half milk. Ralston Tea is the nicest and most wholesome drink, except pure water, for a child, and indeed for an adult, and is made as follows: boil a quantity of fresh milk and place it hot on the table in a pitcher; and in another pitcher place a quantity of hot boiled water. In a teacup, drop in one or two pieces of loaf sugar, over which pour a little fresh cream. Now add hot milk from one pitcher and hot water from the other, both at the same time. As the hot water has lost its oxygen by boiling, a quick stirring or lifting and dropping the mixture into the cup, will restore a new water flavor. The drink is thus made delicious. It is sterilized and therefore safe. For children and adults it keeps the stomach in good tone, and corrects at once any bowel trouble; and, with cayenne pepper added, say the size of two peas to a cupful, it will cure diarrœa; also typhoid in its earliest stages. The sugar absorbed by the hot milk is one of the greatest vitalizers known to the body, and loaf sugar is always pure. The cream is taken up by the hot water, and then acted upon by the milk and sugar, being put in condition to release its nitrogen, or buttermilk, when in the stomach. If the milk and cream are fresh, the drink will be relished by any person. It is not a stimulant, but a strengthener. Pure sugar is a brain food, a nerve food and a muscle vitalizer, if absorbed into hot milk.

Ralston Bran Tea. We cannot let this opportunity pass without adding the receipt for making the most nourishing food that can enter the system in the form of a drink. A little knowledge is dangerous. Whole wheat is encased in a shell, called bran; this shell being the same to the wheat, that the shell is to the peanut, except that it is attached differently. No one thinks of eating peanut shells. Flour is made of the whole wheat, or part of it, including the bran; and this is called graham flour. It is neither palatable nor wholesome. The bran is indigestible. It irritates the lining of the intestines, sometimes doing considerable injury. Yet babes and infants have been compelled to eat graham bread on the theory that it is wholesome. Now it is quite difficult to make some people understand that bran, which is too rough to eat, is yet very valuable on account of the phosphate dust that clings to it. To get this dust free and use it in drink, seems to be accepting an offering extended by nature. Bran water was known as a great nourisher of the wearied body, before you were born. Somehow or other, athletes discovered its specially strengthening quality, before books contained a line concerning it.

It is prepared in the following manner: Take a quart of bran, and mix it with cold water, thoroughly stirring it. If there is any doubt as to the purity of the water, boil it; then, while hot, pour it from one pitcher to another six times, to enable it to absorb the oxygen it has lost. This water, either warm or cold (but not hot), may be used for mixing with the bran. While bran from mills is not clean, it is as clean as the flour from mills, unless it has been very carelessly thrown about. There seems to be no difficulty in getting clean bran. A scum rises to the top, and should be thrown out. The water is now known as bran water; if iced, sweetened and flavored with lemons, it is called Ralston Bran Lemonade, and is by far the most refreshing and wholesome of summer drinks. Its only objections are its extreme plainness and lack of expense. People generally believe that a thing, to be valuable, should cost much. Athletes do not strain the water; but, for a very fine drink, it should be drawn through muslin or cotton cloth; otherwise it may be poured through a fine wire strainer. For Ralston Bran Tea, it should be treated as water; boiled for immediate use, and taken in every respect as the water part of Ralston Tea, using half or one-third of hot milk, with cream and sugar as stated. The only difference is that hot bran

water is used in place of hot water. After a child is weaned from the breast or bottle, say at fourteen or fifteen months of age, it can be given Ralston Tea until it is fifteen years old. It will then not desire to give it up, but will continue to use it through life. Children so taken care of are sure to be healthier than any others, all things being equal.

Hot foods and drinks. While an elderly person may take soups, broths, coffee, tea, milk, or other things, as hot as the leathery toughness of the stomach and passages will allow, the infant is seriously affected by a temperature above 100°. It is true that hot water, used as a medicine, and sucked from a bottle for colic, is beneficial; but, apart from its medicinal application, heat is to be avoided. Hot weather is the foe of children, for many reasons, as we shall see. The natural temperature of the infant is between 98° and 99°. The nursing bottle should be of this warmth. After weaning, the food and drink should never exceed 100°. Drink can be tested by becoming familiar with the temperature of the body, which is, as we have stated, but slightly below 100°. Food may be cooler, but never warmer. Hot drinks, hot soups, and similar viands, are not for children, although they are all valuable in the uses we shall mention later on in this book.

Rice and milk. This is the next step, but it should be taken carefully. We do not believe rice should be given until the baby is fourteen or fifteen months old, but if the breast or nursing bottle is completely discarded at twelve months rice and milk may follow then. Rice is valuable for children, aiding digestion, keeping the bowels regular, producing uniformly good sleep, and preventing nervous disorders, or tendencies to fits and convulsions. For adults it lacks strength-making qualities. The mode of preparing it for children is as follows: Take half a cup of rice, wash it thoroughly, and put it in a quart of boiling water, at the same time salting it to taste. Let it cook about twenty minutes or under. If the water boils partly away, add more boiling water. The rice is properly cooked when the grains are soft, yet not blended together in a mush. If they burst and make the water white they are not so good, therefore boiled rice should be taken off while the water is clear. The next step is important. After draining the water from the rice, partly dry it by stirring it lightly in a pan over the stove, but do not burn or scorch it. It is ready to serve. Dilute a little boiled milk with boiled water, about half and half,

pour this hot over a dish of rice, on this then add a little fresh cream, and above all, especially on the rice, put some granulated sugar. The sugar should always go on last, as it is more palatable. Baby can now eat it with a spoon as soon as taught to so eat.

At fifteen or sixteen months we will say that baby is now completely weaned, is eating five times a day, morning, noon, evening, and between meals once, and late in the evening once, and that its food consists of bread and milk, and boiled rice with milk. Its drink is cold water, milk, and Ralston Tea. It will thrive on these, and the diet will be perfectly safe. While many other things might be added, there is always an element of doubt and danger. It is better to be sure of the health and life of the little one, than to take every bit of fool advice that comes round in the shape of mothers who did so and so, and had no trouble whatever. They do not remember, or else choose to forget the trouble they had. The fact remains, unless sham funerals are being held all over the country, that mortality among children is fearfully great; and, in our opinion, ninety per cent of them are due to the carelessness of parents, or, perhaps, we should call it ignorance. The most dangerous factor in the care and training of children is the female who cites what somebody else did and the bad result, or what she did, and the good result. She tells what she fed her children upon, at what age everything was given; how she remembers this phenomenal history and a hundred more untruths, while she could not correctly recall the principal details of the most prominent event in her *recent* experience, nor even fix the time, without material aid, although it occurred within six months, yet she knows all about the food she gave her babe a long while before, because, "I'm its mother, you know, and if I don't remember, who should?" Beware of comparisons, similar cases, what this one did and the other. Get knowledge of your own, and *know* that what you do is right.

The period we are now in separates the child from its early nursing or feeding, and brings it to the table as a regular member of the family. It is fifteen or sixteen months old. Soon it will relish, though not require, a reinforcement in its eating; as its list is not long enough yet to demand an index for means of reference. Toasted bread and milk may be called the first of its new foods; and boiled rice and milk, the second. The third should be whole wheat mush and milk. The whole wheat should be

ground fine, as is done by the Robinson, Danforth Co., of St. Louis, Mo., then cooked thoroughly. In serving it, let it get down to a temperature of about 100°, then mound it up in a saucer; around it pour hot milk and water, mixed half and half; on the whole, put cream, then granulated sugar. It is now ready to eat with a spoon.

At this stage the child remains until it is two years of age; or, if it is unusually vigorous, until it is twenty months at least. To review, the feeding includes three articles, given in three periods of the second year; that is, from about the twelfth to the twenty-fourth month, as follows:

12th month, 13th month, 14th month, 15th month,	Bread and milk, as per directions, with earlier feeding or nursing gradually lessened; plenty of water to drink.
16th month, 17th month, 18th month, 19th month,	Bread and milk, and rice and milk; adding, for drink, Ralston tea and plenty of water.
20th month, 21st month, 22d month, 23d month, 24th month,	Bread and milk; rice and milk; whole wheat mush and milk. Drinks, water; also Ralston tea; and milk, if it agrees with the child.

It may be said that this diet is too monotonous; even if so, it is safe, and the baby will thrive on it much better than on a more promiscuous feeding. But it is not, in fact, monotonous. It must be remembered that some mothers nurse their infants for two whole years, and, even then, cry when they must give them up to the tender uncertainties of a general diet. Some babies are fed for two years on prepared foods without the slightest variation; a sort of machine eating; yet they thrive and grow vigorous, while others die.

We pass to that next period of childhood which begins at the expiration of two years, and at this juncture the little one seems to take a leap forward. In leaving the present chapter we cannot too strongly urge upon the mother and the father the necessity of reading and re-reading the division of the book that is applicable

to the age of the child. Much is gained by review. Facts are stored away in the mind ready for use when needed, and they then come forth as if they were a part of a long acquired experience. Above all things do not add much to the diet. Meat may kill the baby ; fruit is more than likely to ; and potatoes, fried stuff, pastry, and similar execrable concoctions should be avoided altogether, unless you wish to see the doctor and undertaker darken your door.

CHAPTER XVIII.

FOOD AFTER TWO YEARS OF AGE.

CAREFULLY recalling the diet prescribed in the preceding chapter, we find a basis on which to found the progress called for by the advancing age of the child. In addition to the three articles recommended, all of which may be continued as long as desired, the following are safe, nutritious and important:

Cornstarch. This should be cooked according to the directions on the package in which it is sold; but it should be eaten by putting on it milk, no longer diluted, cream and sugar. The child will like it very much. It may serve as a pudding with which to end the meal.

Eggs. When properly cooked, eggs are beneficial; but when badly cooked they are injurious. The white, if boiled or fried until hard, is too much for an adult stomach, and should never be given to children. When the white is thoroughly heated, but not hard, as, for instance, when it is of the thickness of jelly, it is most valuable as food. This may be done by keeping the shell on, as for soft-boiled eggs, requiring about eight or ten minutes; or it may be poached in two minutes by breaking the egg in a saucer and letting it slip into the hot water, boiling hot, but not boiling, from which it can be taken whole.

Egg toast is relished by children, if it is prepared as it should be. The proper way is to take bread one or two days old, toast it to a light brown, and cut it into little squares. Cook an egg in one of the two ways stated in the preceding paragraph, and let it be placed in a cup, into which the squares of bread are dropped. The child can then take them out, one at a time, with a spoon. If it does not relish this diet, it will be for the reason that the egg is not dressed and seasoned. It requires plenty of butter and salt.

Scrambled eggs are very much appreciated when well prepared. Beat one egg with two tablespoonfuls of milk, in a pan first made hot over a medium fire, stirring as it is cooked, but do not let it be cooked hard. This may be prevented by taking the pan from the fire several times during the process. Do not give it

to the child if there is whey or curd, as the food is not digestible. Never allow children, or any person except very hard working laborers, to eat fried eggs. Many a kindly disposed husband has been turned into an irritable dyspeptic by the ubiquitous fried egg. It would torture a baby.

Potatoes. If you are of Irish descent, your child may partake of baked potato at eighteen months; otherwise it is better to wait until it is two years old. The best of all ways to cook a potato is, of course, to bake it; cook it thoroughly and have it dry and mealy. Look out for this. Served with milk and salt, or a little cream added to the milk, it is quite palatable to any person, old or young.

Macaroni and vermicelli. These are prepared from wheat, and are wholesome for children; part of their composition being eggs. Boil either one or the other, in half milk and half water mixed in the kettle. Do not drop it in until the liquid is quite hot; and instantly add a little more boiling water to prevent it from ceasing to boil. If the mass is pasty it is not good. This is avoided by keeping the liquid boiling until the food is tender. It can be served with butter; or with cream and sugar.

Fruits. We do not believe in giving fruits to children until they are four or five years of age. The only thing to avoid is the unopened cell of the fruit flesh. Very few apples, uncooked, are free from this closed cell trouble. Unripe fruit consists solely of an unlimited number, so to speak, of these little globules; partly ripe fruit has a large proportion of them; they are too minute to be studied with the naked eye; but each cell contains in its center, the flavor and beneficial juice of the fruit. Cooking sometimes opens these; and more often fails to do so. The difference between the taste of the fruit with the cells opened and unopened may be detected, by way of experiment, in eating plums. A few hours before they are ripe, their taste is repugnant; when they are mellow and dead ripe, their taste is delightful. The same is true of the gooseberry, cherry, and indeed of all fruits in greater or less degree. Nothing can be more dangerous in this line than an unripe apple, cherry, currant or gooseberry, although nearly mellow. The cells irritate the stomach to some extent; but, when they get into the intestines, the trouble deepens into a condition that may well cause alarm. The little globules imbed themselves into the inner surface of the canal, and there set up an abnormal inflammation,

sometimes turning bloody, and then black, ending in death. One hundred thousand deaths in America are every year recorded against the habit of careless fruit and vegetable eating.

In the heated term of the summer the bowels are naturally languid and weak; and it is not advisable to introduce the use of fruits or vegetables at such time of the year. When a child is four or five years of age, tender, mellow apples, pears, plums, and peaches may be given, if the skin is removed; provided no decayed portion had to be removed, for when a part is spoiled, the whole is spoiled. Grapes, seeded, may also be given. When fruit is cooked for children, it should not be green to start with. Avoid bananas.

The vegetable question. Cucumbers are open to the objection stated as to green fruit, and the dangers arising from their use are the same. These little green, worthless, unnutritious, indigestible barbaric treasures of the vegetable garden, slay their thousands every year; and their victims revel in the thought that it is sweet to die at the hands of so lovely a foe.. Cabbage is dangerous for children. Tomatoes produce skin eruption in young and old alike; though in some less than others. A very small quantity may be assimilated. Green corn is open to the same objection as green fruit. The best of the vegetables for a child over two years are peas, beans, cauliflower when tender, beets, stewed parsnips, and soups in which these and others may be thoroughly cooked.

The meat question. There is, in this and all civilized countries, a rapidly-growing sentiment against the use of meat. The Ralston Club has presented in its books all the facts on both sides of the question; and cannot take the space to review them here. The summary of the matter, as shown beyond dispute, is this: the human stomach was made for meat eating in a minor proportion as compared with other food; cattle, lambs, fish, fowl and birds are undoubtedly created for man's use; without the eating of meat at critical times in the history of the human race, man could not have survived the vicissitudes of nature. When the Pilgrims landed, their ability to sustain themselves was doubted, as previous colonies had disappeared entirely. Had it not been for the flesh of fish, bird and animals, they could not possibly have survived. Meat does, in fact, supply in ready form, the very urgent needs of the body. These are the arguments, or really the facts that are universally admitted in favor of meat-eating.

On the other hand the vegetarians, or those who live on

grains, fruits, nuts, vegetables, milk, eggs, and everything except actual flesh, claim many things in opposition; and the following are admitted as true: the suitability of the stomach for meat-eating is a design of the Creator to enable the race to survive against famine or inability to obtain grains and products of the non-animal kingdom; the use of meat is attended by high nervous tension; the cure of fits, convulsions, bad dreams, insomnia, sleep-walking and nervous derangement, has, when attempted in time, been effected simply by withdrawing meat from the diet; the fibre of flesh is highly dangerous, as it may ferment before it leaves the stomach; in convalescence many persons have died by eating meat before the nervous strength has been re-established; sores, cancers, tumors, ulcers and similar troubles, are never found in the cases of those who avoid animal flesh for a term of years; greater strength can be developed from grains than from meat; gastritis, or stomach catarrh, now common, can be traced to the excess of meat eating, or of white flour dough, with an overwhelming majority of cases chargeable to meat; the irritability of children, adults, cats and dogs can be changed into a much pleasanter disposition by a prolonged change of diet from meat to non-flesh foods; and the vicious habit of children leaving childhood, the sin of sins, is chargeable solely to meat eating.

All veal is poisonous. In using it the only question an adult need discuss is, how much of the intestinal derangement can be safely weathered without serious results. There are some laws against the sale of veal, but the law needed is one that shall prevent its purchase, or provide that until the animal is one year old it shall not be used for food. All brine-salted meats are highly indigestible. Fresh pork is not good for children, for such food means a long spell of sickness sooner or later, as the flesh firmness of the child's body is weakened and debilitated by pork, while the hog is not to be credited with producing healthful food in the form of flesh fibre; he is yet valuable in his fat. Strange to say the fat of pork, especially of ham and bacon, is as much different from the lean or fibrous part as good fruit is different from decayed fruit. Some physicians regard this as a medicine. It is true that the fat of ham will furnish the system with an aid to the overthrow of neuralgia or starvation of the nerves, while the lean of ham will cause neuralgia. This seems strange until the two are analyzed.

If meat is to be used at all, beef, lamb, mutton, chicken

and fish are preferable, although the last-named should not be given to children under six years of age. In cooking meat the same error is daily made that occurs in preparing eggs, the hardening of the albumen. The principle is a simple one. If soup is desired, or any form of stewed meat, the albumen should be released, not shut up in the meat. To release it the meat should be put into cold water, and not allowed to come to a boil until the juices are extracted, as cool or slowly-warming water will draw them out. Sudden heat shuts in the albumen. To drop meat into boiling water would result in a very thin and worthless stew. If the intention is to not lose the juices, as in roasting, broiling, frying, etc., the meat should come instantly in contact with great heat, which shuts up the surface by sudden coagulation of the outside albumen, thus holding in the valuable part. It is on this principle that steak should be broiled. The best meat for children over five years of age is steak from a steer two or three years old, but this is not always nor easily obtainable. Many parents very wisely defer the giving of meat to children until they are of more advanced years.

As all the value of meat is in the soup juice, called albumen, whether prepared for a child or adult, it would seem far more reasonable to withhold the fibre, which alone is the cause of all the diseases, sores, nervous disorders, and troubles chargeable to this diet. Many important experiments have been made with this fibre. Give soup, rich in the full elements of flesh, to a cat or dog; and neither fits nor savagery will result. Give the meat itself, no matter how well cooked it may be, and the young cat will have convulsions, the old cat will become savage, and the dog will growl and snap his teeth at his dearest friend, beside becoming surly after awhile. These are familiar examples of the results obtained in more extended experiments. In dealing with the meat question, as applied to children, our advice is to give them soups, broths and stews, after they are four or five years of age; and let them have no meat fibre until they are fifteen; or, not the full flesh, before that age. Where the fibre is completely cooked into the broth, and is in a fine condition, it may be given after five years. The longer meat is delayed the more the parents will congratulate themselves on the uniform health and kindly disposition of the child. Savagery, irritability, ugliness, high temper, unstrung nerves, and moods of pleasure and moroseness, are the least of the evils traceable to meat fibre.

We are not advocates of vegetarianism, for the following reasons : first, a majority of the followers of that doctrine believe that vegetarianism means the use of vegetables, as turnips, carrots, parsnips, beets, squash, pumpkin, and the whole list of the summer garden ; not stopping to ascertain that the word includes all food that is not flesh of the animal kingdom ; second, vegetarians have not yet learned to substitute the food value of meat by grains of equal nutrition, and their violent change from a heavy diet to eliminators chills the blood and develops unpleasant feelings that, once experienced, will drive the thoughtful person back to meat ; third, the use of meat is so well established that those who intend to discard it should first be taught the value of its substitutes, and the process whereby the change is to be made, namely, by lessening the quantity of meat fibre taken daily, increasing the soups, then ceasing to use the fibre, diminishing the soups, and all the time increasing the use of preferred grains. The fact is that the healthiest, the most nearly perfect, the brightest, the finest dispositioned, the strongest men, women and children are produced from those who eat grains, fruits and vegetables ; and the meanest, sickliest and ugliest, from those who eat meat. Yet, on the whole, there is no good reason for discarding the moderate use of meat in its best and richest forms, soups, broths and stews.

Sick children and pastry. If the strongest adult stomach in the world were to eat nothing but cake and pie for a day, it would collapse. While the injurious effects of such truck may be partially overcome by mingling with proper food, it is self-evident that their influence is for the bad. They are doubly hurtful ; they not only do no good, but they counteract, to a fixed extent, the good that better food might do. Fond parents declare that their children can eat anything ; nothing ever hurts them ; but a tremendously overwhelming majority of the human race in civilized countries possess disordered stomachs, and they procured them somewhere and somehow. If, in the next political campaign, either of the great parties could secure the support of dyspeptics only, it would sweep the country by a landslide so far reaching and universal that only a stray inhabitant would be left here and there to represent the opposition. Yet parents tell us their children can eat anything, and some proud fathers believe their strapping sons capable of digesting shingle-nails, if occasion required.

The truth is, the stomach may go along for years before it rebels against indigestible food. It throws it off, staggers under the strain, impairs the nervous system to some extent, then resumes its course as best it can. Fried cakes, eaten in the morning for breakfast, whether made of cornmeal, buckwheat, flour, or sawdust, are worthless and alike injurious. Children who eat them soon get pale, hollow-eyed, weak, and unable to keep up with their school duties ; the studies are so hard, it is said, in explanation. It can be safely set down as a rule that what is fried is not good for the stomach.

Sweetmeats and sugars, in the form of food, are valuable, especially for children ; but the puddings, sauces, and varieties stated in Ralston Model Meals, a book designed for all classes, and costing but fifty cents, furnishes a safe guide to one who seeks health as well as pleasure in eating. The book is so liberal that it provides certain of the least harmless of cakes and pastries for those who are in what is called perfect health, although it maintains a strong middle ground. The author has been blamed, by about one woman in every State, for allowing Ralstonites to eat a piece of cake or a portion of pie ; but we still purpose to remain liberal, and provide receipts for making the least harmful of cakes, pies and puddings ; as our conscience would be uneasy if we declared in positive terms that these delights were only designed for the victims they produce.

Children should have custards in the form of cups, pies and puddings ; also rice custards, bread custards, and cracker custards. They should have squash and pumpkin pies ; plain cake, without fruit in it, or icing on it ; apple pie, apple dumplings, tarts and puddings ; grape tarts ; farina puddings, bread puddings, cracker plum puddings, and a line of healthful desserts. These, and their varieties, may well be omitted until the child is three, four or five years old ; and never given in abundance, nor as the principal course of the meal. To indulge a young person at the table is a mistake ; but it is well to explain the reason why a stomach overloaded with rich foods is not as desirable as plainness acquired in moderation. A child without an appetite is a discord in dietetics. Unless something is wrong, for which some one is to blame, the hunger of youth should have an elastic bound that rubber never possesses.

CHAPTER XIX.

MALADIES AND DISEASES.

REFERENCE to the chapter on the present subjects in the preceding division of this book, may be had for a consideration of ailments that are confined to the period of earliest infancy. There are, however, many troubles that occur in the first year as well as in later years; and they will be discussed in these pages, together with others that occur later than the period of infancy, and not in that time. It must be remembered that certain principles are involved, and they may be clothed in simple language and used as guides.

1. **A physician** should be called when there is the slightest doubt as to the seriousness of the ailment. No loving parent will consult expense or convenience under such circumstances.

2. **Medicines** are not designed by nature for infants or children. Some remedies are foods. Soda-mint, milk of magnesia, and other means of relief are parts of the elements daily demanded by the body.

3. **Nearly every malady** is due to some mistake or fault in diet. The sad part of it is the fact that the mistake could have been very easily avoided.

4. **The ailment** is almost always located in the digestive tract. The commonest of infantile complaints is colic, or gas from imperfect digestion of the food. It must be remembered that digestion is carried on in the mouth, in the large stomach, in the smaller stomach, and in the intestinal canal, clear to the outlet. In many cases of collapsed stomach, the nourishment that preserves life, is injected at this outlet. No wonder, then, that the digestion of food may cause trouble in its progress, and involve the bowels as well as stomach.

Diarrhœa is one of the most frequent and most to be dreaded of ailments in childhood; and it is altogether without excuse. It represents a blunder in the food. The movements, which should be one in every twenty-four hours, are more frequent and of greenish color. Castor oil is not a medicine, but a lubricant; just as

the wagoner oils the axle of his wheel. Sometimes constipation is the cause of diarrhœa; one the direct opposite of the other; in which case, castor oil is a remedy for both. The dose is less than a teaspoonful for a babe of three months, about a teaspoonful for six months, and more as the age is advanced. Many fancy things are advertised as a substitute, but children are not very unwilling to take the good old-fashioned castor oil, and it is the superior of anything in use to-day for the purpose. A very natural cure is to omit feeding, until the trouble has passed. Hot water taken internally; or hot milk and water, half and half, to which very little cayenne pepper has been added, is beneficial. But a physician should be consulted if the case seems at all serious. When the inflammation extends to the large intestine, the malady is called dysentery, and requires more attention; although the nature of the trouble is the same.

Constipation is the opposite of diarrhœa, and often the cause of it. It, too, is the result of an error in feeding, and the most natural cure is to omit eating until the trouble disappears. The proper kind of diet, however, will overcome the worst cases. In very young children, it is an excellent plan to rub down the sides and back, on either side of the spinal column, and slantwise around to the front. Keep this up for ten minutes at a time, five or six times each half day, or until the relief is obtained. The rubbing should be continually varied by pushing in or gently kneading the abdomen and soft parts. While this remedy is effectual it is tedious, requiring time and labor. Castor oil is the best of laxatives, in its original or modified forms.

Colic and other infantile disturbances have been considered in the preceding division of this book.

Colds. A child should not catch cold as easily as an adult; and to do so is evidence of a reverse of vitality. Very young babies are left uncovered by careless mothers and nurses, and are quickly chilled, owing to the sensitiveness of their blood. They sneeze frequently, but colds rarely follow. A high temperature in winter weakens the blood. A child thrives best at a temperature of 72 to 76 degrees, and should, even at this range, be kept out of drafts. Properly speaking, a draft is a current of air passing from cold to warm or warm to cold. At an open window, if the out-door air is colder than that indoors, there will be an exchange of currents causing a draft; or, if one room is cooler than another, the

same result will follow. It is necessary to keep away from the window or door under these circumstances. A frequent cause of colds is due to opening of a door to ventilate an overheated room and remaining in the current thus engendered. A child that stands or creeps much on the floor should have the feet and lower limbs warmly clad. Exposure of the soles, or wearing very thin shoes and apparel, should be avoided.

Children must be hardened in a very gradual process, and accustomed to cold air, not in drafty currents. Carrying them out in the cold, or about in cold rooms, with windows open, if they are properly clothed and kept moving, is beneficial. As a hot room weakens the vitality, so a cold room, in which there are not drafts, will strengthen it. Good ventilation, day and night, prepares the blood to resist colds. When the trouble is in the head, generally at the nose, a little vaseline rubbed on that member, and within the nostrils by aid of a fine brush, the same as is used for water-color painting, will prove beneficial.

How colds arise. Two things are necessary to a cold, both in children and in adults : first, a weakened vitality ; second, exposure. If the vitality is weak, there will be no difficulty to find the exposure. If the vitality is strong, a great deal of exposure will not result in catching cold ; hence some persons, in spite of great care, take cold easily, while others, under the most careless methods, take none at all. In children the vitality is weakened in three ways :

1. By excessive heat.
2. By lack of ventilation.
3. By impure air.
4. By the strain of digesting improper foods.

We have discussed the last. Excessive heat appears in the hot spells of summer, and in rooms that are too warm in cold weather. Lack of ventilation is due to laziness, or an indifference to the need of a steady inlet of fresh air. Some persons refuse to allow pure air in a sleeping room on account of its low temperature, but coldness is preferable to poison, besides being invigorating. Impure air is due to gross stupidity. Some mothers are perfectly willing to leave vapors, odors, old clothes, bad-smelling bedding, and exposed impurities in the same room where the child must constantly live, until the skin pales, the eyes dim, sores break out, and the blood is impoverished. From such a condition all the

diseases in the calendar of childhood could easily run their gamut, and the bereaved but stupid parent would charge it to the unknowable ways of the Creator. The fact is that disease and death in childhood are cruel visitations whose admission may always and ever be avoided. It is not necessary that a child should ever be sick. It is in the power of the parent to prevent it. It is not so easy to cure. Ralstonism has for years preached the doctrine of prevention, for cures are uncertain.

Coughs, croup and whooping. The death list is full and swollen with the unnecessary victims of these maladies. Talk about prevention is worse than useless when the trouble is full on and must be checked, yet prevention is far better than the struggle to effect a cure, and prevention may be had by applying the advice given in the preceding paragraphs. How about a cure? If the ailment is croup or whooping-cough send for a doctor. Croup is either spasmodic or membranous, if it is membranous the nature of its progress is about the same as diphtheria, and it may well be regarded as dangerous. If the child has spasms, coughing in a hoarse tone, awaking in the night with difficult breathing, and shows a marked degree of suffering, it is the lighter form of croup, and alarms the attendants without cause. Still this should not be neglected. Hot water taken from a nursing bottle is good as an internal application, and flannels dipped in hot water placed about the throat, followed by a warm bath, will prove a sufficient outward treatment in ordinary cases. When the disease is membranous the result may be fatal, as it denotes the presence of germs. See diphtheria.

Diphtheria. This is the most dreaded of all maladies that may befall childhood. It is due to a weakened vitality, accompanied by dampness as a foundation; on which the disease itself is prepared to build whenever it happens along. In other words, a strong vitality will defy the infection. It is contagious, immediately depending upon the bacilli, known as diphtheria-dews, caught from other children by those who inhale through the open mouth. The germs lodge in the throat, commence to build a colony by living upon the membrane and the substance of food and saliva, and soon have an immense nation of offspring, so numerous that they build an additional membrane for an extended home. It is this so-called false membrane that fills the throat and chokes the child to death; but it is supposed that the germs emit a poison that

travels all through the blood. A physician should be called at once, and the case placed in his charge. The author has seen several cases of diphtheria checked by the free use of vaseline outside the throat; oiling the inside of the mouth, clear to the back, with vaseline; and applying kerosene oil on a camel's-hair brush, to the throat as far within as possible. In one case the child was at the door of death; the doctor, a skilful man, said there was no hope; and, with no graver consequences to be feared, a fatal dose of kerosene oil, a tablespoonful, was given the child. This violent fluid cut loose the choking membrane, and it was thrown out with the fatal dose. The child survived and is living to-day, much to the surprise of the physicians. All attempts of this kind, however, are experimental; and the judgment of the attending doctor is the safest to follow. If professional aid could not be easily procured, it is valuable to remember that kerosene oil may, in very small quantities, be applied to the membrane; also hot vaseline mixed with red pepper. These agencies are enemies of the disease-germs.

As the life of the child involves so great happiness and comfort for the parent, we have no hesitation in saying that father, mother and nurse should become members of the Ralston Health Club, and teach the children what to do to protect themselves from contagion. Young as they are, they can quickly be made to understand the simple laws of nature; and, when they mingle with other children, running the risk of catching some infection, they can be taught as thousands of little Ralstonites are to-day being taught in public schools, to so protect themselves as to escape danger.

CHAPTER XX.

TEETHING AND THE TEETH.

TWENTY teeth comprise the first set, known as the milk teeth. There are ten in the upper jaw, and ten in the lower. The number is increased in the second set. The coming of the teeth, and particularly the appearance of the first one of all, is an occasion of great moment in the family; the excitement of which is enhanced if the baby is the first-born. Second and third babies are never so wonderful as the original arrival; although all should be welcomed and idolized.

When will the first tooth appear? This is asked a hundred times. Experienced mothers, who have forgotten dates, tell all about it, stating the period as anywhere from three months to a year; and their predictions never come true. There are four central teeth to cut their way through the gums; two in the upper jaw; two in the lower; and exactly in the centre or front of the mouth. The time when they will appear depends upon the vitality of the tooth-substance, and the use the infant has made of the gums by chewing and biting on hard substances. Soft rubber is not so good as a big silver dollar. The harder the thing to be bitten on, the better will be the teeth.

In four months one of the lower middle teeth may come through, closely followed by the other; but the time may be as late as seven, eight or even ten months. If no teeth have appeared at the end of a year something is wrong, and a doctor should attend to the matter. But your baby will have its two middle lower teeth in less than eight months. Then comes a long wait, generally of three or four months, before the two lower teeth are large and strong enough to assist the two upper ones, directly overhead, to cut their way through. If at eight or twelve months, these four front teeth are through, it is very good. Let the baby have something hard to bite on, but not anything that can get in its throat to choke it. By all means, if the mouth is inflamed let it have the coldest ice-water to relieve the pain and lessen the heat, and this should be given it every ten minutes during waking hours. It does not swallow the water, so no harm is done to the stomach.

Signs of coming teeth are the following: the gum deepens to a dark or inflamed red sometime before the tooth will appear; then a few days before it cuts its way through, the gums waste away and shrink, owing to the fact that they are absorbed by the tooth. When this appears the point or corner of the tooth is sure to come through in less than forty-eight hours; so there need be no surprise. The baby seems to favor the spot with its tongue, and in its biting on objects. There are now four teeth through; two upper, and two lower; sixteen yet remain.

In eight or ten weeks after the upper front teeth are through, the next lot of four will begin to work their way to the surface; and there should be eight teeth when baby is a year old. The second four are distributed as follows: two lower teeth; one on each side of the two that first appeared; and two upper above them; making four upper front teeth, and four lower front; or eight out of the necessary twenty. In some children all eight are through at ten months; but one month later is the average time for these.

The next teeth come in fours; but not adjacent to the eight that have already appeared. They take a jump, leaving one space open on each side of the upper and lower four. The new comers are called the first double teeth, or molars; or to be more exact, anterior molars. Baby is generally a year old before they show signs of coming through, and it may be a few months longer. There are now twelve out of the twenty; four middle upper teeth; four middle lower teeth; and four double teeth near the front, but separated by one space from them; making six above and six below.

When baby is sixteen to nineteen months old, these four spaces will fill. The average time is eighteen months. The two upper teeth are called eye-teeth; the two lower are known as stomach-teeth. The back double teeth, at the ends of the upper and lower rows complete the twenty; but they are a long time coming. If they are through at two years, the child is doing well. They are broad, with corners; and the corners appear first, leading the observer to think that more than one tooth in each place is coming through. There will be only twenty. These are called the first set, or milk teeth; by some the deciduous teeth, because they fall out after awhile to give way to the second [or permanent set.

Teething is a period of anxiety for the parents, as it is attended with fever, inflammation of the gums, wakefulness and crying on the part of the little one. The suffering is greatly reduced, and rendered almost nothing by the following precautions:

1. Proper diet.
2. Hard substances to bite on; harder than rubber.
3. Ice-water very often administered for the mouth only.
4. Sunshine and fresh air in winter.
5. Coolness, free from dampness, in summer.
6. Mouth-washing three times a day with boracic acid powder, a half teaspoonful dissolved in a cup of water, and applied with a soft cloth. This is very necessary, as it prevents thrush, sores in the mouth or ulceration, to increase the misery of the child. If ulcers have actually appeared they may be destroyed by borax powder mixed into a paste with glycerine, and some of it put on the ulcerated spots with the point of a stick.

Rash often attends the period of teething, but is probably due to a slight disorder in the stomach in some cases, and to promiscuous kissing, or dust-poison in others. The creeping child drags its hands in the dust of the floor or carpet, and puts them to its mouth frequently. There is no remedy for rash, as it comes and goes quite easily, but when due to poison from kissing or dust, the boracic acid water may be applied outside the mouth as well as within. Difficult teething sometimes occurs by reason of the fact that the gums refuse to yield to the pressure of the teeth, and they are sometimes lanced to lessen the suffering of the child. This is proper, but should be done by order of the physician.

The permanent teeth are more numerous than the first, consisting of thirty-two, or sixteen in each jaw. Except in a few rare instances they never begin to appear until the child is five or six years old, and nearer the latter time generally. They come as additions to the former set, the earliest arrivals being from extra molars at the end of the rows of milk teeth. Thus, when a child has twenty-four teeth in the two rows, twenty are milk teeth, and four are permanent, being three or four years apart in their ages. As they are the teeth that, it is hoped, will endure until the owner has lived for the alloted period of three-score years and ten, great care should be exercised from the start in preserving them. Prudent parents will take the child to a dentist to have the straightness and position ascertained.

The next of the permanent teeth are the middle incisors. They get their stock from the milk-teeth, which they absorb, or as much as is under the gum, and the discarded teeth hang so loosely that the fingers may be used to pull them out. Once in awhile we hear of a child swallowing a tooth. To prevent this an occasional examination should be made, so that they may be extracted in time. The middle incisors appear in from six to twelve months after the four extra molars are through. After this there is a wait until the child is about nine years old, perhaps less, when side incisors follow, making eight in this class, which, added to the four molars, comprise twelve of the permanent teeth. The incisors, or cutters, if they come as they should, will appear in front of the upper milk teeth, and within or behind the lower milk teeth.

Eight double cutters, or bicuspids, will come when the child is ten years old, or about that age. There is no exact time for each tooth to appear. The double cutters have two points each, whence they derive their name, bicuspids. At the age of twelve, the two lower cuspids push their way out; and two or three years later, they will be followed by the two upper ones. These are followed by the second molars, or the last of the supposed regular teeth; but the third molars appear at their pleasure, generally during the years that follow the age of discretion, for which reason they are termed the wisdom teeth. Some have them as young as sixteen or seventeen; others have one or two under the age; others late in life, and some never cut their wisdom teeth.

The first set should be so well taken care of that the dentist may never be called upon to make the third set. It is at the beginning that the mother's duties commence. She should use a soft brush two or three times a day for the child; then teach it to do the same, and see that it obeys. The proper time is after eating, so that the food may be dislodged, and a thread passed between the teeth may be necessary. Such care will save pains and visits to the dentist's chair. It is a mistake to use tooth powders, as, if they are worth using, they cut into the enamel, and prepare the way for numerous cavities. Cool water, soft preferred, and distilled still better, should be used with a fine brush. If a tooth will not come out easily a dentist should be consulted, as no tooth must be removed too soon, owing to the after-contraction of the gum and hindrance to the one that follows.

CHAPTER XXI.

BRINGING UP A CHILD.

DISCUSSIONS concerning training are so numerous and so voluminous that it is hard to tell what course to pursue. A few simple laws of child-life and human nature may serve as a daily guide to the parent and attendant. The latter should not only be known, but should also be subjected to the test of observation unawares, in order to be correctly judged. She may be vicious when alone with the child, yet when the parent is about she may be as smiling and chirpy as a June robin, leading to the impression that the services of an angel have been secured. The temper and crooked disposition of the child are often charged to heredity, when they are nothing more than natural reflections of the person whose temper sways that of the child.

Some things have been stated on the methods of dealing with infants, under the head of infancy. We now suppose the baby to be more than a year old, passing on from twelve-month to twelve-month, becoming more active and the object of greater anxiety as it progresses. It is an associate rather than a care; but life to it is a school, in which the mother is the natural teacher. If both parents are living, they owe it some of their time. The father ought to have more than a passing acquaintance with his offspring; some men are so busy losing the money they are trying to make that they are strangers to their little ones. A daily romp and play, filled with kindly interest and loving care over the multi-precious life, should render father and child confidential friends. It will make the busy parent a better business man, a clearer headed financier, a more steady worker, and a far more ambitious toiler, if the faces of home loves are before him in his struggles toward success. Above all other duties, above church and nation, are the purity, the sweetness, the happiness of true home life. The husband who loves his wife and proves it, the wife who loves her husband and proves it, the parents who love their children, the children who love their parents, and make home the one central spot of the universe, to which all else is, in this life, of lesser

importance, may rest assured that there is no other way so absolutely certain of achieving the rewards of immortality as unswerving loyalty to such love and such home. Nor can life be a failure to any man, woman, or child, who remains steadfastly true to these duties. If the question were asked, what one purpose above all others, what one goal beyond all others, may be considered the highest attainment of life in this world, the answer must be the establishing of a true home, and its preservation, through calm and storm, until death releases the victor. He who does this, may die in the noblest of faiths; for he has obeyed the immaculate law of his existence. Church and religion are to make home-life better and purer; and home-life, thus purified, is the direct and last stepping-stone to heaven. Some persons are continually worrying about their soul's salvation; but one thing may be set down as an inexorable law, surmounting all creeds and faiths, that husbands, wives, parents and children, who are true to the obligations of their relationship, can do no wrong sufficient to bar them from eternal happiness.

Centering in this domain called home, is the light of life around which the day and night revolve,—the child. It is not the property of those who give it origin and birth; but merely a casket left in their care, from which a jewel will, in the fulness of time, be taken and returned to God. Here the responsibility is seen to be great. Heredity is always an influence in development; but the real man and woman are trained and made in childhood; and this training may override the good or bad tendencies handed down from generations preceding. Education, refinement, culture, affection, loyalty, patriotism, clean habits and religion, may be so firmly established by inspiration in early years, that all the evil of the conjoined saloon, gambling den and press cannot shake the character thus rooted. It is generally too late to begin when childhood is far advanced. The most opportune time is in the earliest days of the growing mind.

The first training of childhood should relate to the disposition. This is soon seen to be generous or selfish, peevish or forbearing, bright or dull, cross or genial, smooth or thorny, humble or self-willed, silly or sensible. Of these the most important subjects for training are those that affect the tendency to be ill-natured or self-willed. In the start it is a mistake to believe that an evil spirit, or stubborn devil, has possession of the child, or, to

put it more mildly, that the little one is naturally ill-tempered. What it is has been developed by those in charge of it. If the parents are criminals, the child will be a criminal in spite of all training to the contrary, for here the influence is from abnormal sources. No offspring can come from such origin and remain on the normal side of humanity. Training is of little or no use, as has been proved by experience in every case, where the real facts have been obtained.

Assuming that the child is within the realm of normal moral conditions, the rule is very clear that love, and not severity, is to be the master spirit of training. Rigidity and straight lines serve only to irritate and oppose a disposition that must soon lose much of its sweetness in resenting a course of opposition. The don't do this, the don't do that, the fretful tones and snappy words, are sure to come back in a ratio of increase that will dismay the thoughtless parent ere many months. It is, as a matter of fact, just as easy to exercise caution and self-restraint; but, if it were not, the gain that would come from the practice of self-control would pay large returns as interest. In managing children, the parent should register a vow never to speak a harsh word, nor utter a cross tone to the little one, no matter how well deserved.

Spare the rod and spoil the child is the doctrine of criminals. If your child is of such parentage, you know it; and the fear of punishment, backed by its application, will serve to deter, but cannot destroy, the criminal nature possessed by the blameless sinner. For such a class, are jails made; and they serve to hold in check the evil that is boiling to burst forth. If your child is not a criminal by birth, punishment and severity should never be applied in the sense of chastisement. A spirit once broken is like a faded leaf; it is not the same it once was. A blow dealt a child should be recorded upon the walls where it might be read every hour of the day. Not far from where these lines are written, the screams of a little boy can be heard, and the sounds of the falling stick are clearly defined upon the air. It is the humble home of a toiler; and the wife is punishing the child for falling off the back steps. This morning she whipped him for getting scratched by the cat. Yesterday he was beaten by the mother for burning his left hand in a kettle of hot water that had been placed upon the hearth. He is yet screaming, and it will be an hour before his bewildered soul understands that the torture of the punishment

was associated with the accident whereby he was precipitated upon the top of his head on a rock at the foot of the back steps. The cruel mother is a nervous, ill-tempered female, unfit to have charge even of Turkish infants.

On the other hand, the following example is a pleasant contrast to the spirit of malicious revenge that characterizes the methods of inhumane parents. A busy mother, fretted by an abundance of cares, was annoyed to see her child constantly going to a hot stove, where it was likely to pull over on its head a pan of hot liquid, by catching at the handle of the dish. She could not put the child out of the room, as her work required her to be in the kitchen, and the child must be where she was. Each time it went to the stove, the mother diverted its attention, got it away, and explained why it should not go there. After six repetitions the child desisted. In a few months it was obedient to the wishes of its mother, in whom it had learned to place full confidence. This method implies that children are blameless in their errors, and weak in the expression of a humanity which, at its best, is far from perfect.

If the child is spoiled it is ever afterward a nuisance, is the opinion of those who have been afflicted by the unguided antics of boys and girls. They do not see a middle-ground between opposing the child and letting it have its own way. We agree that it may be spoiled if its inclinations are allowed to grow like a vine, into a mesh of tangle-wood. We knew a boy who became uncontrollable in temper, solely because his disposition was never drawn into proper channels; and, before he was twenty-two, he was hung for murder. There is no doubt at all that his mother was responsible for his fate. Constant opposition seeks to hold in check the impulses that are more energetic than compressed steam. When opposition fails to accomplish its purpose, the parents give up the task as hopeless. The impulses, then, are either left to run wild, in which case the child is spoiled, because it is untrained; or, else, the impulses are choked back by opposition, in which case the parents are continually nagging, scolding and fretting at the offender. It is the lack of judgment that does not seek the middle-ground, which is to take the impulses as found, and draw them into new channels. When the child seeks to go where it should not, lead it into a direction and to an object that is proper; instead of shutting it off entirely, or permitting it to have its way. In

other words, substitute one thing for another; a good for a bad; a proper for an improper. In this one law may be found the cure of the very tendencies that cause so much vexation.

A parent that deceives a child must, sooner or later, answer for it in the judgment of the little one. To threaten it with something that does not occur, or to tell it of dangers that are soon known to not exist, will react very quickly. The child knows much more than you think. It absorbs meanings by instinct, and although it has the faculty of looking blankly into space, with an abstracted expression of countenance, its little head catches and stores away ideas that are scarcely given passing attention by those who are older. It is best to be honest with your child, and never let it catch you in a falsehood.

Keep up a kindly interest in all it does. This furnishes it with ambition and busies it with employment that may spare the parent many an hour. A cold reception, a chilling remark, an indifferent air may fall like an iceberg on the warmly palpitating heart of the little world of love that pleads for a moment of your time. Encourage it to be sensible. Do not laugh at its silly doings and sayings, or it will multiply them in order to gain your applause. With good sense in your own head, you will plant a share of the parent stock in the mind of the young imitator. Above all, be gentle and persuasive, forbearing and of endless patience. These are duties, and the cheerful performance of them will redound greatly to your credit.

Fifth Grand Division

Leaving Childhood

THE THRESHOLD OF MANHOOD AND WOMANHOOD

CHAPTER XXII.

THE HALO OF YOUTH.

SWEETEST among the days that dwell in the vistas of our memory, are those golden eras that rise like hilltops outlined against the blue of heaven along the farthest horizon of life. Like the traveler who looks ahead, and scarcely sees the land through which he passes until he turns to note the beauty of its view, so men and women come out of youth untouched by the rich colorings of its exquisite morning glow. There is, in that brief span between the time when baby's eyes first catch a glimpse of wonderland, and that sadder day, when the child, full grown, goes forth from home to seek new ways in life, a realm of myriad fascinations that rise on wings of memory, expanding as the years advance. The first tear is shed at the threshold of this realm, as the mother's lip quivers with a throb of joy; the last falls heavily down her furrowed cheek when the child announces that youth is ended, receives the parting kiss and ventures out into a broader and less happy realm. Her heart was large enough to hold the treasure safe; and love had barred the doors; but time will force the lock, and from the casket the great world steals the priceless jewel.

Years come and go; the pendulum of eternal change swings noiselessly through all seasons; the springs are summers in the younger life; the autumns, winters at the broken hearth; until the white-haired mother, tired of earth, unclasps her husband's hand, and gently falls to sleep, knowing that he will soon lie at her side beneath the grassy mound. Their daughter, or their son, coming to mourn their fate inevitable, will think of these dead parents as they lived, not in later years, but far back in earliest memories when care and love built daily castles round their youth. The curtain rises from before the enchanted realm; and there they are again; the home of infancy restored; the playthings animate once more; the air ringing with laughter; the house aglow with sunshine; the merry frolics; rides and walks; the holidays and presents; songs and fairy tales; the morning and the evening

kisses; the prayers breathed like incense from their pure young hearts; the story of the Christ told at mother's knee; and all the hallowed, happy, blessed hours of youth, with never a sorrow that had not a rainbow stamped upon its cloud. They start from this reverie, to find it but a dream; the mother who tenderly nursed them, is sleeping in the silent city of the dead; the father who frolicked with them, has run his race and now reposes in the lap of earth.

Memory is fickle at most times, but her keen vision may leap the longest years and take us back even to earliest infancy. There are some who can recall vivid incidents close to the dawn of life; some who, striving to renew the earliest impressions of their parents, are surprised to learn the distance they travel backward in this endeavor. There are children who, at the age of five, have repeated many transactions occurring in the first year of life, and this repetition has served to fix the memory of them all through maturity. The tremendous value of mental culture in this direction should be fully understood. Let a child at two years be encouraged to recall all it can remember of the first year, repeat this at three years; then at four, five, and so on; and the result will be a brain of perfect clearness. It is not an experiment, but a lesson, and an important one in its early training.

Parents often make the mistake of supposing that the child knows no more than it is able to express understandingly to others. This is far from being the fact. Infants are conscious to a degree that is hardly appreciated by old persons. They are fresh from the brain of the mother, with whose mental impressions they have been conversant. They come into the world fully possessed of a soul, a faculty which by day and by night, in sickness and health, in unconsciousness and death, is ever alert in human life, resting not when the body rests, sleeping not when it sleeps, and dying not with its death. This soul has its mind, which is cognizant of all that transpires, but has no means of speaking through the senses. In addition to this power the brain of the child is exceedingly active; it understands, by a method exclusively its own, much that is said in older language than is used in addressing it. The parent who has never tested this power of the child-mind has much to learn, while it does not comprehend through the senses, it interprets and discloses its knowledge in other ways just as distinct. Much is gained if the father or mother will take it for granted that

the child, however young, has some degree of consciousness of all that is said or done. Children, especially when in the first year of life, read the faces of people with wonderful accuracy. It is more than instinct, it is more than intuition; there can be no doubt that it is thought transference.

The training of children should be based upon the belief that the mind of the parent, as far as intention is concerned, stands out like an open book before the infant; and this belief should prevail until the boy or girl has grown to the latest years of childhood. The honest face has a greater controlling power over the child, than all the diplomacy of skilful management. It is a serious mistake to deceive the little one; and, very soon indeed, it reacts heavily against the parent. Even the threat of a whipping, if unfulfilled, weakens the threatener, and renders the method futile in the future. The child cannot argue, and does not understand reasoning; but it can feel and know the fact sought to be impressed, although its consciousness cannot be led through a chain of thoughts intended to prove a position. Simplicity, therefore, has great influence over its mind. Of all the plans devised to train it, the confiding, honest, simple, straightforward course is the best. In the third year, it understands why a thing is good or not good; and explanations then have more weight than sharp denials. It may take a little time to tell a child the wherefore of each permission or refusal; but it saves time in the end.

The wisest parents adopt the method of letting it into a certain kind of confidence; so that its reasoning faculties may be more rapidly developed. It is not good for the mind of the child to leave it in doubt as to every act that restrains its conduct. Thus, a mother is constantly checking the impetuous boy and the inquisitive girl; they must not lean out of the window; must keep away from the head of the stairs; must not handle the glass; should avoid the pond; should not go to the stove; must not play with matches; and a thousand interdictions from early morn until the weary evening. It is the rule of human nature among the little folk, that what is denied is worth having. A flat refusal tempts the imagination. Matches look like innocent sticks, even when they make the light; yet they must not play with them. Why not? They will certainly capture the prize in some unguarded moment. Yet, when a mother takes the trouble to explain that matches make fire, that fire burns and hurts, the child

will never touch them, if it has faith in the parent. Once deceived, it doubts even the truth. We have seen a little girl, who persisted in going to the head of the stairs in spite of all protests, abandon the idea when told that she would fall down to the floor below and hurt herself very much. Had she been previously told things that she found to be untrue, however, the explanation might have done no good.

Some children regard their parents as machines designed to correct, care for, and feed them. When they do wrong they are either punished, or else thwarted with but little understanding of why they must suffer for obeying the impulses of their nature. They soon come to regard their parents as enemies in all that concerns them in their play. This is quite wrong. All life must play in its infancy and youth, or the body will not develop. It is not so much human wish as it is animal instinct. The savage cub of the lion, the tiger, the bear, the wild-cat, or the leopard, plays as delightfully and as gracefully as the tame kitten, or the big-headed pup, and for affectionate gentleness none is second to the little tot who frolics at our knee. Play is important, and playthings are the tools of youth. The boy must be favored by such of these as most harmonize with his nature ; the girl by what she most readily appreciates. There is no time when children are too old for playthings; even when their hair is snowy white they still cling to them like rays of sunshine. And they are right. It is when growth is progressive ; when impulses run high ; when health has an affirmative vigor that the love of play is paramount, and it is not only hurtful but even dangerous to suppress it. If you wish to see happily endowed and healthy boys and girls, give them all the playthings they can use in as great variety as possible, and encourage them to play as much as they like. They will be better men and women for it.

Parents should play freely with their children. The law of the renewal of youth in such associations is a fixed one; and is well understood at the present day. Young people grow and thrive from a well-spring of impulse. The exuberance of which appears in play that is infectious. Older people gain much from a close sympathy with the little folks. The youngest of those who are far advanced in years, have caught this spirit of renewed youth by becoming playmates of the happy children. We think there is no age in the life of a son or daughter when the parents should

not associate with them, and be so understood, rather than to lord it over them like teachers or masters.

Children advised with are most easily controlled. A certain confidence is inspiring to them; and it need not be a pretence. To accomplish so desirable an end, the same principle of association as is seen in play, is also found necessary in the serious department of child life. It seems to lie at the foundation of the relation between parent and offspring. We do not believe in punishment at any age; that is, not in the use of force or the infliction of physical pain. It is brutal at its best. If you have brought into the world a being that is deficient in moral nature, the fault is yours, for the inheritance of the viciousness is from you; and the best thing you can do is to extract it by love, not torture it out. If love is impotent, then treat the child as an unfortunate and irresponsible being, to be cared for, not whipped. This is an age when peace should reign in all human hearts, and the tenderest affection should surmount passion and temper. When you think your child needs punishment, defer the matter for awhile until the heat of your impetuosity has died out; and if you think with Solomon that to spare the rod is to spoil the child, remember that Solomon was so defective morally that, were he living to-day, he would be wearing cropped hair in a modern penitentiary, in atonement of the sins recorded against him in the Bible.

Sunshine should be poured into the child's young heart in great floods. We all have our evil nature and our good nature. The former should disappear under the influence of the little life placed accidently in our keeping. It is wrong for parents to scold at the boy or girl, simply because the little ones are annoying. It will not do to say they know better. It does seem as if they ought to know better, judged by the standard of maturer minds; but the latter are defective at their best, and it is no more than simple fairness to give the inexperienced child the benefit of a larger doubt. So do not fret and scold because they vex you. As good a piece of advice as can be given a mother is to go to the piano, strike middle C, tune the voice to it; then resolve never to speak to a child when annoyed or fretted in a note higher than middle C. It will help the little one to love you; for of all harsh, sharp and shrill voices, the worst and most distressing is that of a scolding woman who scrapes out her saw-edge tones like the scratching of a nail on a pane of glass that sets the teeth on edge. Never scold

others in the presence of your children. Never quarrel or say unkind things in their hearing. Sweetness of temper and a sunshiny disposition pay a large interest.

There are three distinct periods of child life; the first begins with birth and ends with weaning, and is generally a year long; the second begins with weaning and ends with the opening of school days; the third extends from the end of the second to the age of puberty, or that time when the boy or girl is endowed with the power of parentage. The first two of these periods have received attention in the preceding chapters of this work; the third and last is now under consideration. The remarks thus far made in this chapter are applicable to all three of the periods.

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National virtues are taught at the mother's knee.

This is the 20th Ralston Principle. In its true scope it involves not only such virtues as are national, but such others as are local and personal. After a child is old enough to enter upon a course of schooling, which may be at five or six years of age, if the public or regular schools are to be attended; or younger under other circumstances; its mind becomes intensely impressionable. At such time the parents, and especially the mother, will have great power over the future inclinations of its young mind. Were all mothers to agree upon a policy that shall sweep the continent a generation hence, they may accomplish whatever they choose in such direction. There are two kinds of men in the composition of a nation; one will vote for party regardless of the principles involved; the other will vote for principles regardless of the party involved. The man who wishes to see his special crowd win is not a true citizen in any sense of the word. He is a coward at heart, and a wishwash thinker on public affairs. He has no principles but victory and boasting. The other man is the desirable voter, for he carries in his soul the germ that bears the fruit of national progress; a steadfast devotion to an honest principle.

The man who has knelt by his mother's side and imbibed into his heart the wishes of her soul during the little years of his boyhood, is never lost sight of in after life. The thoughts then breathed like prayers from one mind to another become ingrafted so deeply that they are part of the man, and grow with him. Time is important; for, when the boy or girl goes out into the

broader world than home has been, the earliest impressions may be for evil ; and they cannot then be offset so easily by the parent. Playmates have thousands of ideas ; old as well as young ; and the child listens to the boy of ten or fifteen as readily as to the infant. The mother should take time for the moral education of her young. Sunday should not be crowded against this opportunity. Let all else go. Remember the 206th Ralston Principle, which says that every person should have a church ; in the same sense that every person should have a home. The boy or girl, the man or woman who has no home for the physical body, is to be pitied, and more so, if there be no church that can be regarded as a home for the spiritual body. You, yourself, may have been denied the sweet influences of a mother's heart to lead you to this better judgment ; but, whether you are in or out of the church, do not deem it a matter of indifference as far as a child is concerned. If you ask what denomination, the answer need be this : choose any sect that, in your honest belief, will teach the personal accountability of each individual to God.

There are other themes of lasting importance that, if taught in earliest childhood, are sure to sway the whole after life of the man or woman. Silence on any subject is sure to leave the mind a prey to outside influences; but an affirmative opinion or wish, many times repeated in the early years, if expressed before other minds have reached the child, may accomplish almost anything desired. Thus, if the mother takes no positive stand either way on the subject of drunkenness, some stranger to the family may create an impression either way, or the matter may remain neutral for many years. On the other hand, the mother may so fix the opinion of the boy or girl that nothing can change it. Some believe in beer and wine; never having learned that beer drinkers die of kidney disease, and wine drinkers are diabetics; and certain mothers religiously teach the doctrine that a mild evil is a prevention of a serious evil; while, on the other side of the question, there are mothers who are sufficiently educated to know that fermentation in any form, whether in beer, wine or liquor, consists of dead carcasses of minute germs in which are imbedded the living bacteria that turn food into poison. They know that whiskey, as well as beer, is made out of healthful and wholesome grains; and they are not deceived by the argument that because grains are healthful, whiskey and beer must be good. These mothers know that when

grains have been eaten and digested by germs, as they must be or they will not ferment, the offal, called beer and liquor, is in just the same relation to the grains that the contents of a Dutchman's stomach would be two hours after he had eaten a full meal. The questions of chewing tobacco, or smoking cigarettes and cigars, may be settled in this way. The morphine habit has recently taken a rapid stride forward, and the opium habit is likewise on the increase. These, once formed, can never be shaken off. They mean a miserable existence and an early death. They are habits, however, of great power; and they create the appetite on which they thrive. This fact is known to cigarette makers. The present age is a money-making era. Great corporations are not selling cigarettes, either for their own amusement or for the health of their customers. If the use of morphine or opium will create an irresistible longing for the articles that contain it, there are no corporations in this country so conscientious as to refuse to take advantage of the trick, especially if it will double their profits every year. Attention of the public has been called to this adulteration, several times recently by physicians, chemists and government officials. The mother may properly and effectively warn her children against this and other dangers, if she begins at an early period.

The yearnings of childhood are the most intense in all life, and some of them are more deeply rooted than we think. They should be encouraged sufficiently to be clearly understood by parent and child alike ; then, if they are wrong or doubtful in character, counter impressions may be created in order to eliminate them. Children brought up to respect their parents and to appreciate goodness, are rarely ever inclined to evil yearnings. It is not wise to so train a child that it expects to find its father or mother a constant check-valve on its young aspirations. The greatest men and women have caught glimpses of their mature achievements in the ambitions of their earliest years. Had these yearnings been suppressed, the whole after life would have been different. There is a nicety of accord between the wish of impetuosity and its suitability to the best interests of the child.

CHAPTER XXIII.

REGIME OF CHILDHOOD.

REGULARITY and régime are not the same. The words are often confounded. Régime is a method of living that requires attention to a complete line of conduct. Thus, regularity in eating is one thing; and attention to what is eaten, why it is eaten, when it is eaten, and the combinations of food values in each meal, is régime. The same may be said of exercise. To indulge in it every day, and even regularly, is not the same as régime; unless the kind of exercise, its relation to the demands of the body, the arrangement of movements in sets and series, and a proper balance of one kind with another, claim the attention. It is sometimes true that regularity is detrimental to the health of the body. Modern life is not so constituted that we can rise, eat, retire, and perform like a machine. Nothing in nature is regular; neither the days, weeks, months nor seasons. If the moon were on trial, her erratic conduct would subject her to the charge of inebriety; and the jury would convict her without leaving their seats. A person trained by habit to rise, eat and live with exactness, would get sick as soon as necessity occasioned a variation from the usual run of the machinery.

There are some things in which children should be taught regularity. One involves the action of the system, which should occur once or twice a day; if once, then in the morning soon after breakfast; if twice, then after the evening meal. This should be taught as the foundation principle of the religion of health; and the gravest importance should be placed upon its observance. In personal habits it is necessary that no omission should occur for any reason. In such a matter as the cleaning of the teeth, the majority of men and women who place a value on good teeth, feel a resentment against their parents for not insisting on care and regularity of cleansing in early youth. The mouth should be rinsed out on arising in the morning; for, after a night of sleep, the deposits of saliva have formed a coating around the teeth. This is detrimental to the health of these important aids to mastication. To guard against its greater accumulation, it is important to rub

the teeth lightly with a soft brush just before retiring. Many times sleeplessness has been cured by the adoption of this little habit. There is a reason for it. Let us examine it.

The mouth and tongue are indicators of the health of every person and animal, and should be studied to ascertain the fluctuations of condition, just as one studies the barometer to learn the approaching changes of the weather. The fluids of the body are in perfect balance when the health is good; one is alkali, the other acid; let either predominate and disorder prevails. It will appear in the taste of the mouth, in the acidulous feeling about the teeth, and in the furring on the tongue. The animal electricity, which is made every minute, is dependent upon the action of the acid and alkali on each other; when one is in abundance, the nerves are disordered. It is on this principle that sleep is disturbed by the acid condition of the mouth, producing a taste that affects the ability to sleep when one is sensitive to nervous influences. Cold water and a brush, rinsing the mouth thoroughly and cleaning the teeth, will in a large percentage of cases remove the acidity. The matter that clings to the crevices between the teeth and close to the gum is an irritant. It ferments and turns to acid, eating into the enamel and preparing the way for a trip to the dentist. Children overindulge in sweets, which turn to acid in the mouth, and set the teeth to aching. Fruits will accomplish the same thing. We have known the sufferers to go to dentists, who pronounced the teeth perfectly sound, and could do nothing for them. The saliva, which in magnetic repose should be slightly alkaline, had become acid, thus keeping up an irritation against the teeth. Ordinary cooking soda is an alkali; some of it dissolved in hot water and held in the mouth will quickly cure the toothache when it comes from the cause stated. A half-teaspoonful to a half-glass of water is sufficient. Sound teeth have been pulled for no other reason than that they ached from acids, and such loss is irreparable.

The tongue of the child should receive some attention. It tells a pretty straight story of order or disorder in the functions of the body. When all is well, it is a natural red, clear and bright. When the tongue is coated, an examination should be made of the feet to see if they are cold, and if so, it is a very safe prediction to say that the diet has been bad enough to set up a serious disorder which will soon be manifest. If, however, the

feet are warm, the head cool, and the system free from pain, a coated tongue denotes nothing more than a lack of balance between the acids and alkalies of the body. Intestinal trouble shows itself in a furred tongue over which a whitish curd is scattered. If the tongue is very dry and red, there is inflammation of the mouth, throat or stomach. A vivid red along the edges of the tongue indicates serious inflammation of the stomach. If the coating is greenish, the liver is at fault. If it is brown, there is typhoid at work. The most alarming of all symptoms is when the sides of the tongue are covered with a very thick white coating.

Ralstonism seeks to prevent sickness and disease; and one of its principles embodies this idea. Some maladies do their damage so quickly that there is not time enough to apply a remedy. The fatal diphtheria is the most dreaded of all. While a cure is possible and probable, if the disease is properly and promptly treated, a prevention is always a certainty; and it is much better to not have the evil than to have it and escape from it or with it. The causes of diphtheria are many. The chief and most frequent cause is the dust of floors and carpets. Wherever you may see corners unswept, or places under beds, dressing cases or tables where the dust lies in a little cloud, there you have the diphtheria germ. It lies dormant until dampness gives it life. Another fruitful cause of this malady is the sewer gas that forces its way back into the house from the pipes in the street. It is just as safe to live in a morgue as to remain in a house where sewer gas is escaping. The germs of diphtheria, of sore throat, bronchitis, catarrh and similar disorders arise from this source. In the city of Baltimore, where the sewers are on the surface of the ground, disease of the eyes is prevalent; and more people wear glasses there than in any other city, in proportion to the number. It is the occulist's paradise. A damp or bad smelling cellar will breed diphtheria; so will dirt, poor ventilation, and contact with those who are already infected. Children should be taught to inhale through the nose; in which case they cannot acquire the disease from any source.

Many maladies of children are allied to diphtheria; and the same principles, the same régime should prevail, although the cases are in fact quite distinct. On every complaint of illness, the throat should be examined; if sore, a physician should be called; for this is the most dreaded, the most deceptive and treacherous of

all diseases. In tonsilitis, which is often mistaken for this, the tonsils are affected with yellowish-white spots which are easily removed; but in diphtheria there are patches of membrane on the tonsils, adhering closely. Quiet or true croup is of much the same nature as the latter malady; and is dangerous. There is so much to be done, and so many things to know about these dreaded diseases that neglect to call in a physician at the first moment of alarm would be culpable. Nearly all contagions are preventible by adherence to the rules of cleanliness, diet and respiration. Until one of these requirements is ignored, it will be difficult to infect a child.

Next to the throat maladies are those that trouble the intestines. Of these the worst of all is typhoid. It is due to a germ found in drinking water; and sometimes in figs, dates, uncooked raisins, dried currants, citron, and similar things. Ninety-nine per cent of typhoid may be traced to impure water; of which ninety per cent is from wells, and the rest from lake or pond supply. Water should be boiled, in cases of doubt; heating it to the boiling point destroys the germs of disease, though it may not remove other poisons. If there can be safe protection from the dangers of these two classes of sickness, it may be set down as certain that the same conditions that shut out these larger evils will preclude all others. It is natural to be well; it is unnatural to be ill. The laws of life are so simple and so easily understood, that when sickness comes some one is to blame.

Variety of muscular exercise should be made a part of every child's daily life. Avoid gymnasium and similar practice. The athlete has no part in an advanced civilization. Exercise is not only valuable, but important; if neglected, disease is sure to follow. We believe in a large amount of muscular practice; but to develop the muscles to a high degree is to sap the lungs and overtax the heart, from one or both of which the youth is sure to hear before he has reached the meridian of life. Excessive strength is not worth a cent a ton in this age. The vitality it takes from the nervous system impoverishes the brain; and there is no case on record of an athlete prominent in both mental and muscular circles. All persons should seek Ralstonism, become adepts in Ralston culture, and thus perfect the muscular system without danger to the vitality of the organs needed in other departments of the body.

CHAPTER XXIV.

FOOD FOR CHILDREN.

STRONG children have the reputation of being able to eat and to digest anything. This is easily shown to be untrue by giving them cake, pastry, fried food of any kind, and hard apples, or any fruit not mellow, as a diet three times a day. Once the digestive apparatus is out of order, it will not resume its normal tone until the effects of the offense have been entirely purged away. Undeveloped fruit and vegetable cells have an attraction for children; and yet they are as impossible of digestion as nails. The little globules of a hard apple, for instance, find lodgment in the structure of the intestines, and there set up a persistant and vicious irritation, producing diarrhœa, and possibly death. Before they will consent to depart, they must decay, ferment and generate a poison. From these unripe cells of fruit come chronic troubles, often resulting in organic disease. Yet fruits are not only among the most wholesome of foods, but they are necessary to perfect health. They should be mellow, as well as ripe; and not mellow enough to have started toward decay. A hard, ripe apple is dangerous to a child; a mellow, ripe one is a blessing; a green one may cause death.

The best fruits for children are ripe, soft-cored blackberries, the year round. Never can green ones. They may be had for weeks in the summer time, fresh from the bush. At other seasons they should be had in the form of preserves or canned berries. Next to these are Concord grapes; but children should not swallow the seeds or pulp. Every family should be loaded down with grape preserves, not too sweet, the year round. Apples and apple-sauce ought to have daily recognition at the table. Next come all those grand California fruits, fresh or canned. We know the canned to be as wholesome as the fresh, and exceedingly healthful. Ralstonism finds the native fruits of America far better than the imported; and has been the cause of keeping over a million dollars a year in this country that used to be spent abroad for foreign fruits.

If children are to be kept in perfect health, they should be fed properly. The greatest enemy of the physical race is the woman who says, "I let my children eat anything they want; and I am sure you never saw healthier boys and girls." In the first place, the test of a healthy body is its condition at the age when growth stops; for then the extra impulse of life settles down to its normal. Here is the language of one of these mothers: "Some people are notional enough to say cake and piecrust hurt children. Look at my daughter. She had all the cakes and pies she wanted; and she never saw a sick day till she was seventeen. Neighbors said she was a very healthy looking girl." We looked at her at seventeen. She was thin, sallow, with bilious eyes, drawn muscles, pinched mouth, dirty-hued eyes, diseased scalp, and foul breath. Three years later she died. It requires years for the ignorance of mothers to destroy the buoyant health which nature seeks to give to the child; and it is never safe to say: "I gave my children so and so." Since these last pages were written, a woman declares: "My mother fed meat to all her children before they were eighteen months old; and it never hurt them." We interviewed these "children," now all grown up, excepting three who died of organic diseases; and we found five surviving. They all look as if they could establish a hospital, or organize a graveyard. If these five "healthy children" were to sit simultaneously on the piazza of a hotel for an hour, the management would be forced into bankruptcy. Since attaining their years of mature youth, they have spent many thousands of dollars for doctors and medicines.

It is a positive pity that parents are found who really believe that, because a child loves cake and pie, there is no harm in eating such food. This is not an age of relish. That theory has been exploded as far as it relates to candy, sugar, jellies, rich sauces, pies, cakes, fruit-puddings, and a hundred concoctions of glorious sleep disturbers, all relished and craved by the rising generation. You can kill a young animal very quickly by letting it have what it wants, and all it wants to eat. A child left to choose what it most relishes would be dead in two weeks. We propose to enter a protest against the use of such foods as we know to be most detrimental to the health of children, and having done this, we propose to follow the matter year by year until some good has been accomplished.

THE GRAVEYARD DIET.

Pancakes. These are the worst things that a child can put in its stomach under the pretence of food. They are made of white flour, whole wheat flour, corn meal, buckwheat, and certain other ingredients closely resembling saw-dust. Food-stuffs that may be wholesome when properly cooked, are made sickening by being fried in butter or grease, coated with fat-flakes which are always indigestible, and then served with butter, sugar, syrup, or all three. You may take the healthiest grain that ever ripened under the smile of heaven, and make pancakes of it, and you will get inflammation of the stomach, a diseased liver, bad kidneys, dead hair, sores, pimples, and ulcerous tendencies; yet the men who manufacture pancake flours claim them to cure dyspepsia and to aid digestion; the very things they will not do. Children fed on pancakes for breakfast are unfit for study or work. It is amusing to note how many pancake-fed girls are taken from school because "the lessons are so hard," or because "competitive examinations are very taxing to the brain." The fact is that the quickest way to get a headache is to eat pancakes. Many things are advertised in the name of the Ralston Health Club that are fraudulent. In order to know just what is endorsed, send a stamped and directed envelope to the Ralston Health Club, Washington, D. C., for the RULES OF THE CLUB, and if concerns and their goods are *not mentioned* in the rules they are not authorized to use the name of the Club. No other guide should be followed if you wish to be perfectly safe.

Ordinary cake may become a source of great injury to the health. In the first place it is nothing but bread loaded with richness to make it more palatable. It destroys a normal appetite by making wholesome food less desired. This is its negative fault. It is also a positive evil, in that it leads to a disordered stomach, foul liver and impure blood. It imparts no strength, but destroys much of that obtained from other food. On what theory it is eaten it is hard to discover, except that it tastes nice; and is not immediately poisonous. Of these evils of diet there are some that are less injurious than others; and there are a few that are wholesome. Thus, custard pie is nearly always a good article of food; the custard being more beneficial than the crust is deleterious. This proposition answers the question sometimes asked, why the book of Ralston *Model Meals* allows puddings, pies and cakes; and thus contradicts the doctrines of the

club. There are many puddings, some pies and a few cakes that are partly wholesome; and, as humanity will eat such things at all events, it is policy to prescribe the best. Neither do we believe in absolutely radical views on any subject.

The question of meat is the most perplexing of all. It has been discussed over and over again in our books, and in the early pages of this volume. In leaving childhood, the problem becomes a serious one, as its bearings upon the health and conduct of the young man and young woman are apparent. The sin that is so frequent at this time, may be safely charged to an excess of meat in the diet; for its prevention, even against all inducements, has been accomplished in families where meat is excluded, or is given in a limited quantity. The whole matter has been exhaustively dealt with in other works, and the conclusions seem to warrant the belief that there is no other remedy for the evil. It is needless to say that there is as much value in the broth in which the meat is properly cooked, as in the meat itself; and that grains yield a larger value than either. It is the fibre of the flesh that carries danger; for in it there seems to be all the concentrated viciousness of the animal that bred it. The human body is necessarily a reproduction of the nature and character of the food it assimilates.

CHAPTER XXV.

LAWS OF CHILD LIFE.

AS we bring this volume to a close, our purpose is to present in a very informal manner the principal laws that govern the life, diet, treatment and training of children; applicable, for the most part, to the boy and girl rather than to the infant, but including references to all periods from birth to maturity. They state, in succinct form, some of the principles and rules laid down in preceding chapters, as well as matters that are new. They serve as an index to the person familiar with this book; to others it need be said that the work is not intended for mere reference, but to be studied and understood.

BEFORE BIRTH.

1. The rank which the child occupies in the scale of humanity is determined by the rank of the father.

2. The character or quality of the child in its rank is determined by the nature of the mother.

3. Sex is determined by the superior physical and vital nutriment of either parent at the moment of origin.

4. Insanity and imbecility do not decrease in subsequent generations, and may be exterminated only by extinction of the line.

5. Criminal tendencies are diminished only by supremacy of Caucasian blood.

6. All criminal Caucasians inherit blood mixed with non-racial blood.

7. A pure-bred Caucasian is incapable of committing crime in the sense of being a criminal by instinct or desire.

8. The welfare of the nation depends upon the supremacy of its Caucasian population.

9. While it is difficult to find pure-blood Caucasians, yet the following peoples are nearest in approach to such rank: English, Germans, Scots, Irish, Welsh, Scandinavians. Under the English are included their descendants everywhere.

10. The following Caucasian peoples are more or less mixed with anti-racial blood: French, Italians, Russians, Austrians, Huns, Slavs, and nearly all the rest of Europe.

11. The following peoples are anti-racials: Spanish, Turks, Mongolians, Negroes, Malays and Indians.

12. If all male anti-racials were prevented from propagating the world would steadily improve, crime and imbecility would decrease, and morality, as well as civilization, would increase.

13. The Caucasians owe a solemn debt to the future, which can be paid only by enacting laws requiring emasculation of all males who ought not to be allowed to become parents.

AT BIRTH.

14. The safety of the mother or the child cannot be guaranteed by science or skill, but must be provided for in advance by diet and régime.

15. Diet should include a specified selection of foods. See Chapter XII.

16. Exercise should consist of movements arranged so as to balance one another, employ different sets of muscles in turn, involve the impulse of play and produce flexibility as well as strength. The physical exercises, known as Ralston Culture, furnish the only system of this kind in existence.

DURING INFANCY.

17. Nature intends the health of the child to be better than that of the parents.

18. Given a fair start, no infant will ever have a moment's sickness, unless it is due to some mistake made by the person in charge of it.

19. Barley and milk, malted, make the best food for infants. Take of barley meal one tablespoonful and one teaspoonful, to which add one quart of cold water, and one-third of a teaspoonful of extract of malt. Boil ten to twelve minutes. Then add milk.

20. A little salt is required by an infant.

21. A baby should have no variety of food until ten or eleven months old; one kind is best for it.

22. Cow's milk has three points against it as food for infants; it makes more hard curd than the mother's milk; it has more acid; and it has less fat or sugar. To correct the curd, add water, or extract of malt; to correct the acid, add very little lime water; to increase the fat or sugar, add a little cream.

23. Babies get very thirsty and should drink often.

24. When suffering from diarrhœa they should drink less in quantity, but as frequently.

25. When their mouth is inflamed from teething, ice may be taken to relieve the heat.

26. Young babies should be fed every two hours during the day, and two or three times at night.

27. The plan of training infants to eat once in every two hours; then once in every two and a half hours; then once in every three hours; then once in every four hours; then once in every five hours; is wrong in the last two parts.

28. The stomach of an adult can very well take light food once every three hours or less; and that of an infant should not be longer delayed if it appears hungry.

29. A sleeping baby should not be awakened, unless it sleeps more than twenty hours a day.

30. If it goes to sleep on its left side, the liver, which is very large in infancy, will press on the stomach and cause nervous irritation, leading to wakefulness and bad dreams.

31. Sleepless and troublesome infants have been found docile and easy to put to sleep by laying them on their right side; and turning them upon the left after an hour or two.

32. Sleeping on one side all the time bends the spine and leads to curvature.

33. The nursing child should, if the alternation permits, take the left breast before being put to sleep.

The care and treatment of children in sickness will be stated in the following laws, which apply to all ages:

34. **Ankles.** As the entire weight of the body is supported upon the muscles at the smallest part of the legs, these require natural development. The child should use them as much as possible, though with caution.

35. Lifting or carrying a child of any age is not good for it. A baby that is held much does not develop rapidly; and will always be known as a backward child.

36. Confinement in-doors when the weather outside is inviting, will delay the growth of the boy or girl.

37. **Asthma.** This is a spasmodic contraction of the passages leading into the lungs; and makes the breathing very difficult. The best food is soup of all kinds, fish, eggs, and grains, with rice and milk, or rice-custards for the evening meal. Full chest breathing in the open air, through the nostrils, with the mouth closed, will overcome the disease.

38. **Bananas,** as found in the stores of this country, are dangerous. While they may not do injury at one time, they are treacherous and sooner or later do great damage.

39. **Bathing** is necessary to avoid skin disease, and to maintain the functions of elimination; that is, to expel poisons from the blood that cannot escape in any other way. There are three kinds of baths.

40. A hot bath is very cleansing, but very exhausting. Once a week is as often as any person young or old should attempt it.

41. A warm bath should be at 98°, or blood heat. It is good every day, if the system can endure it.

42. A dry bath is taken by chafing the skin with a towel. This is a substitute for the water bath.

43. Where the system is weak, a wet bath is not advised. Over half the colds caught in cool or cold weather, are the result of bathing.

44. **Bed sores.** The lack of exercise tends to form weak flesh; as all flesh quickly decays when vitality leaves it. Lying in bed, on the same principle, causes running sores of the weakened flesh. These may be prevented by rubbing the part when first chafed, using alcohol freely on the place, and then covering it with French powder.

45. **Beef juice.** All the value of meat is in its freed fluid, not merely in the liquid that flows from the surface. When a child is over a year of age, say about eighteen months, this may be given in the form of tea, broth, or soup. As it tends to produce diarrhœa, it should be omitted when that ailment is feared.

46. **Meat** fibre is a source of great danger to persons of all ages. Gastritis seems to be due solely to this cause.

47. **Boils.** These appear generally between the ages of seven and fifteen. They are due to weak blood and dry skin, over which the clothing chafes. The remedy is to rub the part with thick cream or butter. If the pimple is cauterized, a boil may always be prevented. Dip a wooden toothpick in pure carbolic acid and touch the pimple directly at the point.

48. **Bow-leg.** This, as well as knock-knees, is due to a diseased condition of the bones known as rickets. It is a mistake to charge it to standing too early on the feet.

49. **Chafing** of the skin is prevented by powdering; and, when washing, by adding thin boiled starch to the water.

50. **Chapping.** The hands often become roughened by the cold air. Every night, after gently washing in luke-warm water, put on a little of the following mixture: glycerine, three teaspoonfuls; rose-water, four tablespoonfuls; compound tincture of benzoin, half a teaspoonful. Wear gloves all night.

51. **Chicken-pox** is a very mild malady. It is prevented by out-door exercise, good food and ventilation.

52. **Constipation.** A child, at any age, from a week to the period of youth, is likely to be constipated, and just as likely to be loose. It is all due to the diet. Massage of the abdomen with warm sweet oil; that is, gently rubbing and kneading the flesh; will generally relieve the trouble.

53. Avoid too much castor oil and all patent cathartics, as they produce greater constipation as a reaction after relief.

54. An enema of two tablespoonfuls of warm sweet oil will produce relief.

55. An injection of molasses candy, shaped to the size of a lead pencil two inches long, will prove very effectual.

56. A teaspoonful of thick prune water strained, given to infant every morning on arising, is a natural remedy. A tablespoonful may be given to a child over a year old.

57. **Croup.** This is discussed in previous chapters.

58. **Dandruff** is due to poor blood and lack of oil or fat in the food. Increase the use of butter, bacon, and fat boiled ham. Avoid a fine-tooth comb. Rub in the scalp each night for a week or more, some compound camphor liniment.

59. **Diarrhœa** is as common as constipation. It is of greenish color and watery appearance; and is caused by indigestion. Castor oil produces relief by purging the intestines and removing the cause of the trouble. A teaspoonful is sufficient for a child under a year old; and this may be increased to a tablespoonful for a boy or girl. A permanent cure is had by attention to the diet.

60. **Diphtheria** is discussed in previous chapters.

61. **Freckles** may be removed by continual washing with buttermilk or lactic acid; the latter being mixed with water, half-and-half. To prevent freckles, never let the sun strike the face.

62. **Headaches** are caused by rich cake, too much white bread, pancakes and fried foods.

63. **Neuralgic-headache,** generally located in the eye-balls, temples, or back of head, may be caused by straining the eyes, or reading lying down.

64. **Indigestion** is caused by a senseless diet. Human beings eat stuff that would kill a horse; and then wonder why they have dyspepsia. It is the most surprising thing imaginable that they will not give a horse or a cow food that will make the brute species sick, yet will abuse every law of sense or science in what they take themselves, and expect health. The amazing fact is that they try to get cured while continuing the abuse of their stomachs; as if it would be good judgment to feed a horse with fried potatoes, pastry, cakes, pork and rich sauces, and doctor him while persevering in the abnormal diet. The remedy for indigestion is to remove its cause; then nature steps in and cures the evil.

65. **Itch.** This is generally caught from others. It is due to a parasite or worm-insect that burrows under the skin. Hot water should be applied as frequently as possible, almost scalding the skin; and then followed by sulphur ointment.

66. **Laxatives** are either natural or medicinal. The best of the natural are prune juice and orange juice given on arising in the morning. Of course the prunes must be well cooked.

67. **Lung-troubles** are to be carefully guarded against. They destroy the lives of many infants. The best plan is to teach the child to prefer wholesome food, to let it have the pure air, and prevent it from over-exercising. Deep-breathing should be a part of its education.

68. **Measles.** This is a common malady among children. It can always be avoided. When the child is attacked the two chief matters to be kept in mind are the eyes and chest. The room must be darkened to save the eyes; and the temperature should be kept at 69° to prevent driving the disease in upon the lungs. With an observance of these two precautions, the malady will run safely through to convalescence.

69. **Mumps.** This is a swelling of the glands under the ears, at the corner of the jawbone. Acids cause intense pain and should be avoided. To prevent a spreading of the swelling to other glands, care should be taken not to catch cold. If only one side is swollen the disease generally comes again to the other side.

70. **Nervousness.** This is almost always due to eating meat fibre, especially when the child is too young. The use of soups, broths and meat juices in any form, as well as the prepared grains, is generally a means of cure; but there must be plenty of out-door exercise, and a variety of duties each day demanding attention.

71. **Nettle rash** is sometimes known as hives. It appears in large white blotches on the skin. Strawberries, bananas, tomatoes, cucumbers, green fruit, and especially oatmeal, or oats in any form, are apt to cause this trouble. Changing the diet effects a permanent cure. Ammonia water relieves the itching.

72. **Overfeeding** is often the cause of skin eruptions, as well as intestinal disarrangement.

73. **Paralysis** in children may appear soon after the molar teeth are through. It goes away of itself; but it is well to keep the child active, and not allow the bowels to become constipated.

74. **Parasites** in the hair, or insects caught from other children, should be killed by bathing the scalp in kerosene oil. It is a safe and thorough remedy. After the application the head should be washed with soap and water, then rinsed with water. After this is done, the hair may be soaked in vinegar to kill the eggs or nits.

75. **Paregoric** should never be given to children. It contains opium, and it is dangerous in that it destroys part of the vitality of the heart that can never be fully restored. Nurses and attendants, to save themselves trouble, often give paregoric to children, to put them to sleep. It can generally be ascertained if this is done by examining the pupils of the eyes, which will be much contracted. Babies that cry for nothing but thirst are often put to sleep with paregoric, and the lack of water for which they are suffering leads to disease and death.

76. **Pneumonia**, or inflammation of the lungs, is now known to be one of the most common of diseases among children, and one of the most dangerous. Like all else, it may be prevented by keeping the vitality high through the means of pure air, good exercise, and wholesome diet, and avoiding exposure to dampness and draughts.

77. Breathing sewer gas is a direct cause of pneumonia, for it destroys in a very short time the vitality of the lungs. It is, therefore, highly important that an expert should examine the plumbing about the house. This one defect alone sends many persons to their graves, and the physician rarely ever knows the true cause.

78. In all sick rooms it is important to keep the temperature at 69° degrees, for if too high the extra heat denotes lack of ventilation, and if too low it incurs the risk of adding coldness, dampness, and consequent inflammation to the malady.

79. The patient lives more on pure air, as cool as can be obtained, without falling below 68°, than on anything else.

80. Air in a sick room should be kept moving, yet the patient must not be in the draught.

81. **Poison** is of two kinds, external and internal.

82. External poison comes from handling weeds, or any substance that causes the skin to suffer. Ammonia and water will allay the itching. A solution of baking soda is also good.

83. When poison enters the stomach the very first thing to do is to give an emetic.

84. **An emetic** may be made in various ways. Tepid water is the basis, and some persons find this sufficient, but the addition of a dessertspoonful of mustard, or of a tablespoonful of salt in a glass of tepid water is more effective. It should be repeated until the stomach acts. The latter may be hastened by putting the finger in the throat and vibrating it.

85. After the stomach has been emptied of its contents, a dose of castor oil should be given to cleanse it of all bad after-effects.

86. **A stomach pump** may be devised as follows, in the absence of a physician. Get a rubber tube three or four feet long, such as may be found attached to a syringe. Place one end of it in the mouth, and run it down the throat as far as possible. Lift the other end in which a funnel has been placed, and pour the emetic down this, filling the tube. Lower the funnel end until it is below the height of the stomach, and the fluid contents of the other will be brought out. In many cases this completely empties the stomach.

87. **Toad-stools,** poisonous berries, or other things from the woods are eaten sometimes by children. The principle is the same: an emetic of mustard or salt, followed, after action, by a dose of castor oil.

88. **Rashes** occur at any time, and from any cause, though in young children usually from teething. To allay the itching, dissolve baking-soda in water and apply it. Keep the system active. Pure air and careful diet will prevent the trouble.

89. **Rickets** is a defective bone-growth, and is due to lack of proper food or insufficient nutrition. While all the conditions of good health should be preserved, special attention should be paid to what the child eats.

90. **Starchy food,** as from potatoes, white bread and the like, cannot be digested easily by the young stomach. Plenty of milk should be given. Eggs, first the white, for small children,

then the whole egg later on may be added to the diet, as they are the most natural of all foods, with milk. Then the grains, of which barley is the best.

91. **Nursing** a child too long will cause a defective formation of bones.

92. **Ringworm** is a distressing scalp-disease, due to lack of nutrition in the food.

93. It is not caused by a worm, as some claim; but is a fungus plant, or cell-change in the tissue growth of the flesh.

94. It may last for years; but will cure itself when wholesome food, pure air, and proper exercise are taken.

95. Salt-water baths are good for the skin; and may be had by putting salt in water. Going to the ocean is not only not necessary, but is often dangerous.

96. The cure of ringworm and other skin diseases, is best effected by giving the most stimulating of foods, such as meat broths (always home-made), eggs, and preferred grains.

97. Patent foods, canned or bottled soups, and concoctions not made at home, are apt to result in defective nutrition.

98. Avoid gelatines and gelatine-soups, as there is no nutrition in this popular kind of food, and the blood quickly becomes poor.

99. Avoid glucose; it hurts the kidneys.

100. Avoid fermentations, as of cream in cheese, sour milk, or extracts of malt, or of hops and beers; as all these things build flabby flesh, at the expense of the vitality.

In bringing this volume to a close we wish to advise our readers to become students of its pages rather than mere readers. It is not a volume of reference; and for that reason we have refrained from adding an index. Parents who take no interest in the well-being of their children except at the moment when some malady fells them, are not warranted, in that moment, in hunting through indexes to find stated remedies. The practice is not safe. The nature of the life at stake should be well understood and the science of treatment acquired by associate reading, not by a paragraph or two on the subject. The perusal of a good book leads to the absorption of its contents; and this serves as a kind of experience. The mother well understands the value of knowing what to do in advance of the emergency.

In contemplating the laws of child life, which seem more numerous than might have been supposed, a few great facts at once attract the attention. These may be counted on the fingers of one hand; yet they are capable of revolutionizing the whole method of dealing with the care and treatment of children and of those who are burdened with the duty of bringing them into the world. The suffering and agony of mothers, with the unnecessary length of labor whereby their vitality is lowered and brought close to the danger mark, are direct contradictions of the purpose of nature, which intends that the actual process of child-birth shall last but a brief time, and certainly not over an hour. Yet many women suffer for a long period, and some of them meet death in the struggle. In the light of recent experiments, these mishaps are seen to be blunders chargeable to wrong methods.

Women who enjoy the freedom and fulness of natural health are exempt from all the annoyances to which their sex now subjects them; and the perils of child-birth are unknown to them. So satisfactory is the proof of this law when tested, that modern women of intelligence are rapidly becoming converts to the better method. The wife who became a mother while asleep at night, and another who delivered a child while journeying from her home to a city twenty miles distant, are counterparts of the Indian wives of history who gave birth to their children while on the march, without even losing their places in the ranks.

The life and health of the child are too often sacrificed. Nature bestows on the infant, at the start, a greater degree of health than that which it inherits from its parents. This law is rarely ever taken advantage of; although it seems like a divine provision for the betterment of mankind. Sickness in any human being is grossly unnatural; in a child it is always the result of ignorance or carelessness on the part of the parent or attendant. We stated years ago that an infant should be kept in perfect health from the moment of its birth until it is, at least, a grown child. Since then the truth of this assertion has been verified in many Ralston families, who find precaution better than sickness and cure.

Controlling the sex of the unborn babe seems to be a practically settled question at this time. We have stated the old as well as the more recent theories, and the manner in which they have been proved untrue. Whether a child shall be a boy or a girl is often a matter of importance to the parents. Some have a

strong desire for one sex, some for another, merely as matters of preference; but vital reasons exist in certain families for such desire. It is well known that royalty best perpetuates its dynasties through its male heirs. The two children of the Czar of Russia are girls; the nation hoped for boys; and the fear is expressed that the emperor's line will not be continued. As far as intelligence may be deemed a proper factor in the reproduction of the race, it should be invoked in the solution of this question.

We are inclined to believe that men and women look upon the advent of children as a matter of accident, in which the parents are mere agents. The little ones are regarded too often as unwelcome visitors; and, when they come into the family, their health and lives seem to be problematical, as though some power behind existence was to take care of them if it saw fit, or would reclaim them back to the great natural fund from which they came, in case their vitality was too slight to undertake the battle of living. Against this theory is the fact that health and life can be figured out on a mathematical basis, and treated as an exact process, with far surer results. The time is surely coming when accident and haphazard will be relegated to a guilty past; when the child will be so fed and cared for that its life will be under the protection of the certainties of knowledge; and the Creator will not be charged with "taking away" the little helpless blessing, who was born to live and grow up into the ranks of human action.

END OF CHILD LIFE

NOTICE.

This book, Child Life, is needed in every home; it has a solemn mission to perform; and, as a lover of humanity, it is your duty to aid in spreading its influence.

The Ralston Health Club is a necessity in your life. If you are not already a member, but own Child Life, we will make you a present of the Book of General Membership, costing one dollar, if you will sell three copies of Child Life to persons whose influence will aid in further spreading these doctrines. To obtain this present the price of the three copies should be sent in one order, $3.75. Address, Ralston Health Club, 1223 to 1231 G Street, Washington, D. C.


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